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Cheyenne & Arapaho
TRIBAL TRIBUNE

Volume 4, Issue 17 | June 15, 2009 | 50 cents

Photo by Dana Attocknie

The 2009 Sovereignty Symposium brought Oklahoma tribal leaders together to discuss Land, Wind and Water *on June 3 and 4, 2009 in Oklahoma City.*

Symposium focuses on natural resources

By Dana Attocknie, Managing Editor

The Cheyenne and Arapaho tribal flag is carried into a standing room only crowd by Richard Williams, Arapaho 1 District legislator. At his side is Cheyenne and Arapaho tribes Gov. Darrell Flyingman.

Williams and Flyingman represented the tribes during the opening ceremony of the 2009 Sovereignty Symposium where Oklahoma's tribal leaders gathered to discuss, the theme of the event, *Land, Wind and Water* on June 3 and 4, 2009 at the Skirvin-Hilton Hotel in downtown Oklahoma City.

A procession of Oklahoma's

See resources, page 3

NIGC announces 2008 revenues

(WASHINGTON, DC) The National Indian Gaming Commission released data showing the revenues generated by the Indian gaming industry in 2008 continued to show growth.

Commission Chairman Phil Hogen, spoke at the annual conference of the North American Gaming Regulators Association, and reported that 2008 gross gaming revenue exceeded the industry's 2007 revenues by more than $500 million.

Gross gaming revenue totaled $26.7 billion, an increase of 2.3 percent over the prior year.

More than 240 of the nation's 562 Indian tribes engage in gaming. They operate more than 400 casinos and bingo halls spread throughout 28 states.

The industry's growth was less than it has been in recent years.

Hogen said, "We know that the economic downturn has impacted casino and bingo hall patrons, and reports from many tribal gaming facilities reflect that. We are often told that

See revenue, page 2

Happy Father's Day

Walking through fatherhood

Courtesy photos

Funston Whiteman shares a moment with Ella Whiteman in the park.

By Rosemary Stephens, Reporter/Graphic Artist

He leans back in his office chair with his hands folded gingerly behind his head. On the walls directly behind him are photographs of children, a girl and a boy.

"My kids are everything to me … I knew I wanted to be a dad way before I was even married," Funston Whiteman said.

Whiteman is married to Alicia and together they have two children, Eathan, 5, and Ella, 3. He works as an assistant principal for John Marshall High School in Edmond, Okla. and is a member of the Cheyenne and Arapaho tribes.

"I wear a lot of hats … husband, son, brother, assistant principal, but the most important hat I wear everyday is dad," Whiteman said.

Whiteman was raised in Seiling, Okla. and is the son of Nathaniel and Patricia (Patsy) Whiteman. His relationship with his own father was always one of respect and though strict, Whiteman said he has always been thankful that his dad was there for him his entire life.

"I remember being in kindergarten or first grade and I liked this wallet in our local convenience store in Seiling … I mean I really wanted this wallet, so I stole it. I can remember walking home with my older sister, Tina, and asking her what am I going to do about dad because he's going to see this wallet and he's going to ask me about it. So I lied, I told my dad I found the wallet in front of this trailer house," Whiteman laughingly said. "My dad saw right away I wasn't being truthful and he spanked me, of course, and then made me take that wallet back to the store I stole it from. That was my first lesson in honesty. By doing this my dad taught me it wasn't right to steal nor to lie … that experience was really humiliating for me, to go back to that store and tell that person I stole the wallet … I never forgot it and I am grateful my dad cared enough about me to set me right."

Whiteman reflected on the birth of his first child Eathan and said he was proud to be having a son. He said he always dreamed of having his first born be a son to pass down the family name, the stories of where their name came from, and his Native American cultures and beliefs.

"I want Eathan to be the leader of the family when I am gone," Whiteman said. "I want him to know all our family stories and how we are related to certain families … I want him to carry the Indian way with him in his life, to be a great man within the tribes someday."

Whiteman remembers holding Eathan for the first time and having tears stream down his face as he looked down at his tiny hands and feet. He said it was then that the reality of being a dad set in.

Funston and Eathan Whiteman enjoy sharing time at University of Oklahoma (OU) football games.

"I remember thinking oh God I'm a father now," Whiteman said. "To me that meant putting away my naïve childish ways and taking on the role of husband and father."

Whiteman said he knows a lot of really good Cheyenne and Arapaho dads and feels he isn't the best spokesman for all fathers but he is honored to be a part of the group of tribal dads who are active in their children's lives.

Whiteman's daughter, Ella, born two years after Eathan, has brought a special daughter-father bond to his life, Whiteman said.

"She is everything good and pure and beautiful … she loves Dora the Explorer, going fishing with Eathan and I, shopping at Wal-Mart and Target and going to Sunday school," Whiteman said. "Alicia and I keep Eathan and Ella actively involved in church and Sunday school … and Eathan goes to all the tribe's cultural events with me. He is really starting to ask a lot of questions about his heritage."

Whiteman said the qualities of a good dad are someone who will listen to their kids when they talk, be patient with them, make time everyday to do something the kids want to do, and admit to their kids when they have made a mistake.

Dads around the country will celebrate Father's Day on Sunday, June 21, 2009.

One woman's experience, strength against alcoholism

By Rosemary Stephens, Reporter/Graphic Artist

Perched on a worn brown couch Lydia West, a Cheyenne and Arapaho tribal member, stares down at the device attached to her right ankle. There is a small dining room table that sits beside an efficiency kitchen directly behind her. On a mantle that sits over what used to be a fireplace are framed pictures of West's family.

"There are three of us that share this apartment … we are all here trying to learn how to live in the outside world sober," West said.

West resides in the Sober Living Apartments for women in Oklahoma City. Recently released from prison for two driving under the influence (DUI) convictions, West said the apartment represents freedom to her.

West is one of the first women granted early release from prison wearing the new Secure Continuous Remote Alcohol Monitor (SCRAM) and she is the first Native American woman to wear the monitor.

"I served ten months of a seven year sentence and it's the best thing that could have happened to me … I know that's going to sound funny to a lot of people, but it was in prison that I found my sobriety and a chance for a new life," West said.

The SCRAM unit is attached to the ankle and has to be worn 24 hours a day. The unit continuously checks for alcohol levels in a person's sweat glands when worn.

"I was recommended for the program by my case manager, Ms. Hutchins. I began going to Alcoholics Anonymous meetings in prison as soon as I arrived at the Mabel Bassett jail … this lady, Maggie, brought meetings in every week and I was willing to listen and I guess you can say I had hit my very bottom," West said. "I never thought I would be someone sitting in prison … I didn't have a record, I wasn't a criminal, I was a drunk."

West, 44, grew up in an alcoholic home. Both her parents were alcoholics and she said she swore she would never drink because of all the drunkenness she saw all her life.

"I saw what it did to my family, my aunts, cousins, uncles, the list goes on and I swore I would be different. I went to school and became a licensed practicing nurse (LPN) and never touched a drop … until I turned 25 years old," West said. "I had four children at the time, just went through a divorce and started to just go out on the weekends with my girlfriends to clubs and such."

West said she started calling in sick more and more at the Clinton Indian Hospital where she was working because she was hung over or still drinking from the weekend before. Trying to keep control, West left the Clinton area to Geary and became a daily Vodka and beer drinker. Again trying to regain control she relocated to Oklahoma City to work as a LPN contractor at various hospitals.

"I thought if I got away from the people I was hanging out with, or a new change of scenery … really I was just lost by then, lost in alcoholism and all that goes with it," West said softly.

West said her downward spiral into alcoholic hell came after her oldest son Larry, 20, died suddenly in a head on collision a short distance from Lucky Star Casino in Clinton, Okla.

"Larry was at the beginning of his life and he had so much going for him. I was so hurt … from there I took a spiraling nosedive into the depths of alcoholism. I didn't know how not to drink, it wasn't a choice, I had no choice, at the time I either drank or I died," West chokingly said through tears streaming down her face. "I wanted to die, I just didn't care anymore."

Photo by Rosemary Stephens

Lydia West stands outside of her new home at the Sober Living Apartments in Oklahoma City.

See strength, page 6

ELECTION COMMISSION
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Concho, OK 73022

CHEYENNE & ARAPAHO TRIBES

(405) 422-7610
Fax: (405) 422-1186
Toll Free: (800) 247-4612 ext. 27610

2009
PRIMARY AND GENERAL ELECTION

The following nominees have submitted completed nomination packets:
A Preliminary List of Candidates shall be posted on June 15th, 2009.

GOVERNOR/ LIEUTENANT GOVERNOR
Janice Boswell/ Leslie Harjo
Teresa Dorsett/ Chris Dorenzo
Darrell Flyingman/ Nelson Clark
Bobbie Hamilton/ Jane Tiger
Reggie Wassana/ Cecil Daws

CHEYENNE DISTRICT TWO
Joann Burgess-Scott
Clifton Ellis
Rollin E. Hamilton
Marlin Hawk
Rachel Lynn
Malaina Tallbear
Robert Wilson

CHEYENNE DISTRICT FOUR
Ronald W. Kaulay
Minerva Rodriguez
Pete Salinas
Fiona Whiteskunk

ARAPAHO DISTRICT ONE
Bill Blind
Jane Nightwalker
Scottie Sankey
Richard D. Williams

ARAPAHO DISTRICT TWO
Dale Hamilton
Michael Kodaseet
Michael Martin
Christine Morton
Alvin Basil Pollock
Kendrick Sweezy
Michael Whitecloud

Primary, General Election schedule

May 1, 2009
Nominations open for qualified candidates for four Legislative Offices, and for the Offices of Governor and Lieutenant Governor

June 1, 2009
Nominations closes at 4 p.m. for four Legislative Offices, and for the Offices of Governor and Lieutenant Governor

June 15, 2009
Preliminary List of Candidates posted

June 15, 2009
Initial Preliminary List of Voters posted (includes all persons who have registered to vote through June 15, 2009)

July 13, 2009
Voter registration closes at 4 p.m.; Final Preliminary List of Voters posted (includes all persons who have registered to vote through July 13, 2009)

July 15, 2009
Deadline to file written challenges to the Preliminary List of Candidates at 4 p.m.

July 15, 2009
Deadline to file written challenges to the Final Preliminary List of Voters at 4 p.m.

July 20, 2009
Deadline for the Election Commission to make a final decision on all challenges to Preliminary List of Candidates and the Final Preliminary List of Voters

July 20, 2009
Post Final List of Candidates; Post Final List of Voters

July 23, 2009
Deadline to mail out Absentee Ballots for the Primary Election to eligible voters

October 6, 2009
Primary Election day – Polls open from 7 a.m. to 7 p.m.

October 6, 2009
Absentee Ballots must be returned by mail to the Concho, Oklahoma, Post Office no later than 3 p.m.

October 6, 2009
Election Commission counts the ballots after the close of the polls

October 7, 2009
Preliminary results of the Primary Election are posted by 9 a.m.

October 8, 2009
Deadline to file a request for a recount --- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the Primary Election are posted)

October 8, 2009
Deadline to file written challenges to the preliminary results of the Primary Election ---- No later than 9 a.m.

October 10, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election ---- No later than 9 a.m.; Primary Election results are certified, and final results of the Primary Election are posted

October 13, 2009
Deadline to mail out Absentee Ballots for the General Election to eligible voters

November 3, 2009
General Election day – Polls open from 7 a.m. to 7 p.m.

November 3, 2009
Absentee Ballots must be returned by mail to the Concho, Oklahoma Post Office no later than 3 p.m.

November 3, 2009
Election Commission counts the ballots after the close of the polls

November 4, 2009
Preliminary results of the General Election are posted by 9 a.m.

November 5, 2009
Deadline to file a request for a recount ---- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted)

November 5, 2009
Deadline to file written challenges to the General Election results — No later than 9 a.m.

November 7, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election ---- No later than 9 a.m.; General Election results are certified, and final results of the General Election are posted

January 2, 2010
Oath of Office administered by a Justice of the Supreme Court to all newly elected officials

NIGC opens regional office

(WASHINGTON, DC) The National Indian Gaming Commission (NIGC) is announcing the opening of a new regional office in Oklahoma City.

The office opened in May and will handle the western part of the state and Texas, and the Tulsa Region Office will continue to be responsible for the eastern part of Oklahoma and Kansas.

Tom Cunningham, Tulsa office field investigator, has been chosen to become region director for the Oklahoma City office.

NIGC made the decision to add a second office in Oklahoma in response to the growing Indian gaming industry in the state. Since the establishment of the Tulsa Regional Office in 2000, the number of Indian gaming operations in Oklahoma has nearly doubled.

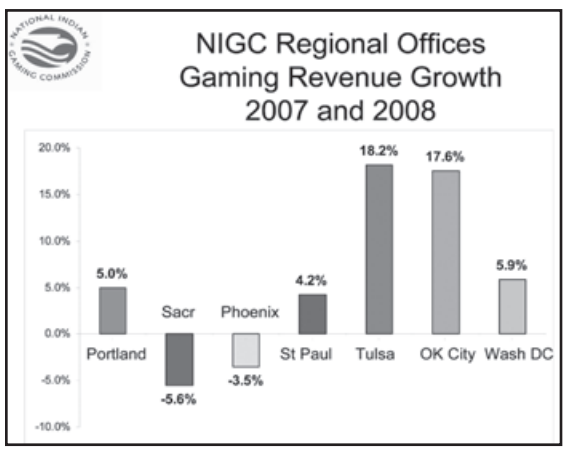
In order to meet the day-to-day challenges, additional assistance has become essential. The decision of where to locate the new Oklahoma office was made after careful consideration of input from tribes and internal discussions.

The Oklahoma City region, or region V as it was known, had a 540 percent growth in revenue from 2000 to 2007, and a 85 percent growth in operations from 2000-2008.

The tribes included in the Oklahoma City region are the Absentee Shawnee, Apache, Cheyenne and Arapaho, Chickasaw, Citizen Band Potawatomi, Comanche, Delaware, Fort Sill apache, Iowa, Kaw, Kickapoo (Oklahoma) , Kiowa, Otoe-Missouria, Ponca, Sac and Fox, Seminole, Tonkawa, Wichita, and Kickapoo (Texas).

With the addition of the new office in Oklahoma, the agency is in the process of renaming off its regional offices. Rather than using a numerical system, the regional offices will now be identified according to the cities in which they are located. The regional offices are located in Portland, Sacramento, Phoenix, Oklahoma City, Tulsa, St. Paul and Washington D.C.

The Oklahoma City Regional Office is located a 215 Dean A. McGee Avenue.



revenue

Continued from page 1

while patrons appear to be visiting tribal gaming facilities as often as in the past, they seem to spend less per visit than before the downturn's onset.

The modest growth reflected in these numbers would seem to show that Indian gaming remains a strong and effective means of economic development for Indian nations."

Hogen explained that the figures released were compiled from independent audits required annually of all tribal gaming operations by the Indian Gaming Regulatory Act.

The gross gaming revenues represent the amounts bet or wagered by gaming patrons, less the amounts paid out as wins or prizes.

Expenses to build and operate gaming facilities must be paid from gross revenues before tribes may use the funds for other governmental purposes

Individual tribes' revenue information is proprietary information, and thus no breakdown for particular operations is available or set forth in the data.

There are limitations on the use of tribal gaming revenue. The specifications are: (I) to fund tribal government operations or programs; (II) to provide for the general welfare of the Indian tribe and its members; (III) to promote tribal economic development; (IV) to donate to charitable organizations; or (V) to help fund operations of local government agencies.

When it comes to per capita payment/revenue allocation plans (RAPS), the net revenues from tribal gaming may be used to make per capita payments to members of the Indian tribe only if (A) the Indian tribe has prepared a plan to allocate revenues; (B) the plan is approved by the Secretary; (C) the interests of minors and other legally incompetent persons are protected and preserved, and (D) the per capita payments are subject to federal taxations and tribes notify members of such tax liability when payments are made.

Hogen also pointed out that the audits are done after the close of each tribal operation's fiscal year. Nearly half the gaming operations' fiscal years end on Sept. 30, another 40 percent end on Dec. 31, and the remainder end on other dates.

Hogen said, "As has been the case with all the similar annual revenue reports we have issued, these numbers don't show exact results by calendar year; some tribes' fiscal years end before the calendar year ends. As a result, some of the economic downturn's impact may not be fully reflected in these numbers."

Hogen also explained that while much of the industry's growth was attributed to more business at many existing facilities, a portion of it was attributable to new facilities.

The Commission's data also profiles revenue generated by gaming facilities by region and by sizes of the facilities.

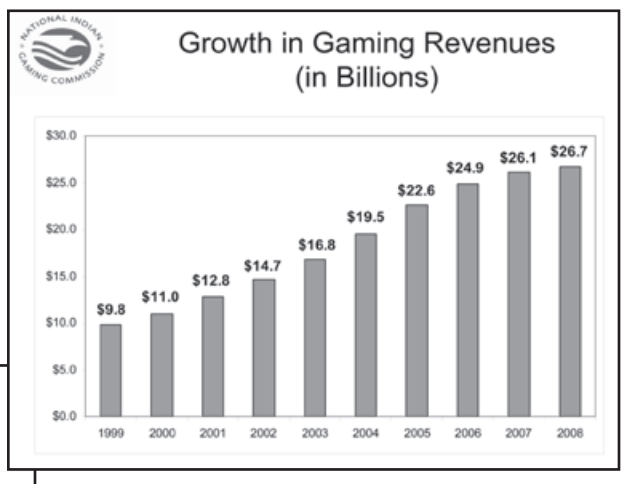
The Commission has divided the country into seven regions. The data shows the strongest growth occurred in two regions that include Oklahoma (home to 31 gaming tribes). Kansas and Texas. Decreases were reflected in the regions that include California, Nevada, Arizona, New Mexico, and Colorado.

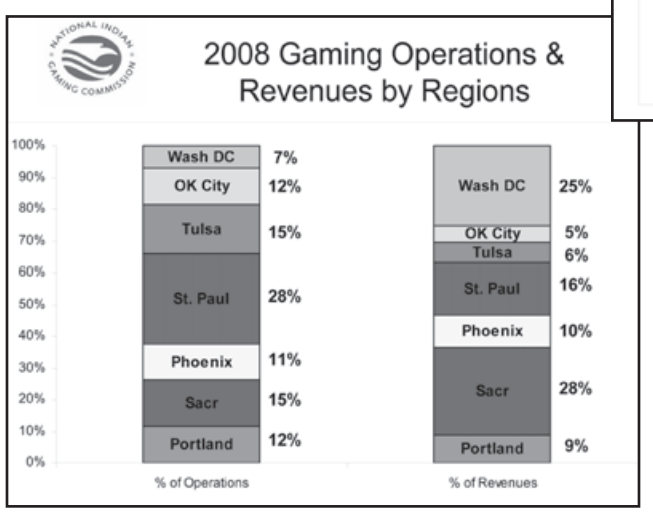
The data indicates that gaming revenues are not distributed equally among the gaming tribes.

Facilities with annual revenues of less than $100 million constitute over 80 percent of the more than 400 operations, while fewer than 20 percent of the operations generate about 70 percent of the $26.7 billion in revenues.

"It's obvious that tribes continue to provide attractive and high-quality gaming entertainment to the public," Hogen said. "I'm convinced that the vigilant regulatory structure which oversees it—from the primary tribal regulators, to the state regulators participating pursuant to tribal-state compacts, as well as our federal oversight agency— contributes to the continued success of the industry and instills needed confidence that gaming is fair and that the tribal assets and revenues are secure."

Thee NIGC is an independent regulatory agency established within the Department of the Interior pursuant to the Indian Gaming Regulatory Act of 1988.





2009 Per Capita Schedule

- If you HAVE NOT moved or DO NOT HAVE a name change, DO NOT submit any forms.
- If you have moved or have a name change, your W-9 and notarized Change of Information and any additional documents must be in the Per Capita Office by close of business on the last day that forms are accepted for each first check run.
- All checks will be mailed to the W-9 address. Checks will not be held or handed out.
- Please mail your forms as soon as possible.

Enrollment's adult membership roll finalized for Gaming per capita issuance.....Friday, 07/03/09

Last day to submit forms for 1st check run.....Friday, 07/31/09
- Forms must be in the Per Capita Office by close of business Friday, 07/31, in order for your check to be printed in the first run.

Per Capita closed except for appointments during this time.....Aug 1 – Aug 21
- Appointments can be made by calling Per Capita every morning between 8 am to 9 am. Please know your roll number.
- Appointments are for the receipt of 2008 Gaming per capita, delivery of a police report, proof of filing a court order in Cheyenne and Arapaho Tribal Court, or a Cheyenne and Arapaho Tribal Court order.
- Messages will be answered in the order received and as time allows.

Last day to claim 2008 Gaming Per Capita.....Friday, 08/14/09

Gaming checks printed (8/15 falls on Saturday).....Monday, 08/17/09

Per Capita Office is open.....Monday, 08/24/09

Tentative schedule for Trust Per Capita issuance

Enrollment's membership roll finalized for the Trust per capita issuance.....Wednesday,11/04/09

Last day to submit forms for 1st check run.....Wednesday,11/25/09
Forms in Per Capita's mailbox as of Saturday, 11/28, meet the deadline.

Per Capita closed except for appointments during this time.....Nov 30 - Dec 11

Trust checks printed (usually first Monday in December).....Monday, 12/07/09

Per Capita Office is open.....Monday, 12/14/09

2009 1099's mailed by.....Sunday, 01/31/10

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FORMS AT www.c-a-tribes.org\per-capita-information •

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Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the 23rd of the previous month and the deadline for the 15th issue is the 8th of that month.*

Vintage hot rods cruise into El Reno

By Rosemary Stephens, Reporter/Graphic Artist

The roar of engines drown out every other sound and plumes of white smoke envelope spectators as they gather along old Route 66 to witness the 11th annual Small Town Weekend burnout show in El Reno, Okla.

The Small Town Weekend held June 5-7, 2009 attracted car lovers from all over Oklahoma, Texas, Kansas, Missouri and Arkansas.

"The whole town gets involved every year sponsoring different events … like the Fraternal Order of Police (FOP) is sponsoring the burnout and the El Reno Fire Department is sponsoring the hot wheels races in Adam's Park this year," Gina Thomas, El Reno Cruisers member, said.

The El Reno Cruisers began 11 years ago when a group of friends with vintage collector's cars were driving down to Vernon, Texas to participate in Texas' yearly burnout and cruise weekend.

"The car club in Texas learned we had Route 66 running through El Reno and they said we ought to start our own car club and small town weekend event … so that's what we did and we became the El Reno Cruisers," Thomas said.

The weekend opened with a block party and live band at the Petree Plaza. Local business Oklahoma Vintage Guitars on Bickford Street donated one adult guitar and one child's guitar for the giveaway on Friday night.

On Saturday the hot wheels races began at 9 a.m. followed by the annual burnout contest at noon.

"This is the only legal burnout on Route 66 in the state of Oklahoma," Thomas said. "The winner gets a trophy and the proceeds are split up. Some of it is donated to the FOP and some of it is donated to El Reno Meal on Wheels."

Last year the El Reno Cruisers' Small Town Weekend raised enough money to donate $5,000 to the Meal on Wheels program and $1,000 was donated to the Youth and Family Services toward their new building.

A percentage of the proceeds, including from vendors, are donated to charities of their choice. For the El Reno Cruisers, they primarily give to the Darlington School Boys and Girls Club and the El Reno Meals on Wheels program, Thomas said.

An evening cruise show was held on Saturday evening and the weekend wrapped up on Sunday with an open car show.

Following the car show, plagues and trophies were given out in categories such as 1972 and older Mustangs, Nostalgic Hot Rod, Favorite Pontiac, Children's Choice and others.

The El Reno Cruisers meet on the first Tuesday of each month. To become a member a person has to attend three meetings and then they are voted into the group.

"Last year we had 286 cars show up, but we only had 42 to pre-register," Allen Conner said. "Cheap guys pre-register so they can save the extra $10."

For more information about the El Reno Cruisers call (405) 262-3876 or visit www.ercruisers.com.

Photo by Rosemary Stephens

Cars line up on old Route 66 to compete in the burnout contest.

Notice to elders about homebound meals

Submitted article

On May 6, 2009, a program compliance review was initiated on the services provided by the Elderly Nutrition program (ENP).

So that an elder may receive a home delivered meal from the ENP the elder must have two impairments of their activities of daily living. In early May 2009, the ENP mailed letters to each elder that receives home delivered meals to the homebound in Clinton, Seiling, and Geary, Okla. The letters requested a current doctor's statement listing specifically two impairments of activities of daily living. These letters were due by the last day of May 2009. To date, approximately five doctor's statements have been received by the ENP from all three areas.

The ENP is once again requesting these current doctor's statements as soon as possible. Form letters are once again being mailed to each elder currently receiving homebound meals. Please provide the ENP with a current doctor's statement as quickly as possible.

The ENP's last day to receive these statements is June 30, 2009. If an elder has not provided a doctor's statement listing those impairments, they will not be eligible for meals starting July 1, 2009.

Elders may contact their CHRs for assistance or transportation.

Tenth circuit court of appeals affirms conviction of former secretary to Cheyenne, Arapaho official

(OKLAHOMA CITY) – John C. Richter, United States Attorney for the Western District of Oklahoma, announced on June 10, 2009 that the United States Court of Appeals for the Tenth Circuit has upheld the conviction of Louella Oldbear, 57, of Del City, Okla.

Oldbear was convicted by a jury in November 2007 and was sentenced to serve 12 months and one day in federal prison, serve three years of supervised release upon release from prison, and ordered to pay $17,064.94 in restitution to the Cheyenne and Arapaho tribes and perform 104 hours of community service. (W.D. Oklahoma Case No. CR-07-77)

Oldbear was a secretary to Roy Dean Bullcoming, a business committee member for the C-1 District of the Cheyenne and Arapaho tribes. She was found guilty of embezzling "Emergency Assistance" monies generated from the tribes' Lucky Star casinos that were meant to be used as a last resort for limited emergency situations involving tribal members who had needs related to medical treatment, bus fare to funerals, temporary shelter, and utility cut-offs, as set forth under tribal law.

Under the program, assistance was to be limited to a maximum of $200 once every three months. Yet, Oldbear, having access to the tribal funds in her position as secretary to Bullcoming, spent $3,510.94 for repairs of her own personal vehicles and also purchased a vehicle for herself by embezzling an additional $13,550 in only a four-month period.

Oldbear was also convicted of providing a false statement to the FBI during the investigation of the case when she stated that tribal monies had not been used to buy vehicles for anyone, when in fact such monies were used to buy vehicles for her and for Bullcoming.

Bullcoming, 54, of Seiling, Okla., was indicted in February 2008 for embezzlement of funds from the Cheyenne and Arapaho tribes.

He pled guilty in August 2008 and was sentenced serve 36 months in federal prison, three years of supervised release upon his release from prison, and ordered to pay restitution of $101,585.68 to the tribes.

Tribes running club competes in Red Earth Run

Submitted article

The Cheyenne and Arapaho Running Club participated in the annual Red Earth Run and Fun Walk on June 6, 2009 at the Regatta Park in Oklahoma City.

The Red Earth Run is sponsored by the Tinker Federal Credit Union and is sanctioned by the USA Track & Field Association. A total of 150 runners competed in the Red Earth Run.

The C&A Running Club has grown in size the past two weeks. We have added seven new members and 14 members competed in the race.

Nigel Hampton placed first overall once again with a time of 17:40. Alan Rednose, Frankie Cometsevah, Adam Youngbear and Cameron Parker all finished strong and placed in the top ten overall.

Aubrey Karty eliminated 28 seconds off her time to finish at 23:04 and won first overall female. Alaney Karty improved her time by 4:43 seconds and finished fourth in her age group with a time of 25:58. William Wells improved his time by 6:36 and finished strong with a time of 29:17.

The following members competed in the Red Earth Run: Kohloni Yeakey, Alaney Karty, Aubrey Karty, William Wells, Devon Wells, Junior Ellis, Alan Rednose, Alex Hatten, Kendell Charley, Frankie Cometsevah, Sage Lamebull, Nigel Hampton, Adam Youngbear and Cameron Parker.

Every runner works hard everyday and continues to learn more about running competitively. As the summer continues we hope to make progress at every race.

The Running Club will compete next in the Creek Nation Run on Saturday, June 20 in Okmulgee, Okla.

For more information contact Carrie Whitlow at (405) 422-7578 or by email at cwhitlow@c-a-tribes.org.

Courtesy photo

Members of the Cheyenne and Arapaho Running Club at the Red Earth Run on June 6, 2009.

resources

Continued from page 1

tribal leaders and their tribal flags segued into the invocation led by Traditional Cheyenne Peace Chief Lawrence Hart.

Oklahoma Supreme Court Vice-Chief Justice the Honorable Steven Taylor then introduced keynote speaker T. Boone Pickens, by saying, "to understand this good man and to understand the goodness of this man … I say one number; 700 million dollars." That's the amount Pickens has given to a number of "worthy causes."

Pickens centered his address on the dependence of foreign oil, wind turbines, and solar panels – i.e. the Pickens Plan.

His plan, which was first introduced in July 2008, calls for a reduction in America's dependence of foreign oil by utilizing wind turbines and solar panels for electricity needs and natural gas to fuel automobiles.

"Ethanol – it works and it's America," Pickens said.

Yet, Pickens said ethanol is not going to solve the dependency problems alone. His plan is to look at energy use as a whole and think about alternative ways to improve the way the world is fueled for years to come.

He said the use of foreign oil is a security problem for the U.S. more than an economy problem.

"It's way too dangerous to continue to rely on enemies for our resources," he said.

Pickens also spoke about his meeting with then Sen. Barack Obama in Reno, Nev.

He said he's convinced the Obama administration will create an energy plan reducing the dependence of foreign oil. Pickens said, "We're going to see monumental changes."

"We are going to have an energy plan for the first time in 20 years," Pickens said.

During the meeting Pickens said he told Obama, "The only thing we have in our best resources is natural gas … it's ours."

The symposium also held sessions on several other key issues in Indian County including Indian health care, environmental protection, and transportation.

Serving as panelists for some of the sessions were Connie Hart Yellowman who spoke on the 2010 census, Dr. Henrietta Mann spoke on education and the economy, Rupert Nowlin spoke on land ownership, Gordon Yellowman spoke on water laws, and Susan Shown Harjo spoke on tribal membership.

The Oklahoma Supreme Court, the Oklahoma Indian Affairs Commission, the Oklahoma Bar Association's Indian Law Section, the Oklahoma Arts Council, the University of Tulsa College of Law, the University of Oklahoma College of Law, Oklahoma City University School of Law, and the Sovereignty Symposium, Inc presented the symposium.

Tribes domestic violence program closes

Submitted article

The Cheyenne and Arapaho tribes STOP Domestic Violence program will be closing on Monday June 15, 2009.

Below is a list of other domestic violence programs in the area:

- Action Assoc. Domestic Violence Center, Clinton, Okla. (580) 323-4364.
- Northwest Domestic Violence Crisis Center, Woodward, Okla. (580) 256-1215.
- YWCA, Enid, Okla. (580) 234-7581/1284.
- Womens Service Center, El Reno, Okla. (405) 262-4455
- YWCA, Oklahoma City, (405) 917-9922 or 947-4506.
- Passageway Battered Womens Shelter, Oklahoma City, Okla. (405) 949-1866.
- Comanche Nation Hope House, Lawton, Okla. (580) 353-3077

CD's, DVD duplication

The Cheyenne & Arapaho tribes Department of Education Media Production Studio now offers the services of duplication of CD's, DVD's with full color printing on each disc.

This is a great opportunity for tribal departments to save money on duplication costs and also allows tribal members the opportunity to have their CD's or DVD's duplicated and save money also.

The studio can also transfer your VHS home videos to DVD.

For more information about this service, contact Billy-Talako Williamson at (405) 422-7568 or bwilliamson@c-a-tribes.org

Tribal Tidbits.....

Photos by Rosemary Stephens

The Wellbriety White Bison travelers arrived in Concho, Okla. on June 2, 2009 as part of their cross-country journey to Washington, D.C.

The Wellbriety White Bison followers organized a 6,800-mile journey-of-forgiveness. The journey will remember people who suffered during their Native American boarding school experiences. White Bison travelers will stop at 23 present and former Indian school sites.

The marchers plan to hand deliver a petition to Congress when they arrive in Washington D.C.

Above: Marlin Farley smokes Mitch Walking Elk, Rodger Davis, Minerva Rodriguez, and Louis Rodriguez before beginning the Wellbriety walk.

Right: Crystal Rodriguez holds the healing staff as she leads the walkers behind the designated memorial walk van.

Photos by Rosemary Stephens

On May 29, 2009 a fire engine donated by the Cedar Lake Fire Department arrived at the Cheyenne and Arapaho fire suppression building in Concho, Okla.

In a joint effort, James Nimrod, director of the Cheyenne and Arapaho tribes' Emergency Management Systems (EMS) and fire suppression manager, Nelson Clark, and Richard Miller made contacts and arrangements with the Cedar Lake Fire Department for the donation of a 1963 fire engine.

A coalition between the Caddo Nation tribe, the Cheyenne and Arapaho EMS/Fire Suppression department and the Cedar Lake Fire Department has been formed to provide firefighting training to the Cheyenne and Arapaho tribes' by the Cedar Lake Fire Department utilizing Cedar Lake's equipment.

For more information contact Nimrod at jnimrod@c-a-tribes.org.

Photo by Rosemary Stephens

Cheyenne and Arapaho tribal members, Shawn Littlebear and his sister, Anna Sage hosts some of the New Zealand rugby players awaiting the rugby tournament in Denver, Colo.

From left-right: Geoffrey, Samoan tribe, Jimmy, Tongan tribe, Jordan and Kevin, both of the Maori tribes of New Zealand.

Boarding school workshop scheduled

Submitted article

The Cheyenne and Arapaho tribes of Oklahoma's education department will be hosting a boarding school application prep day for parents and students from 11 a.m. to 2 p.m. June 24, 2009 at the Department of Education offices located at 1621 D East Hwy 66 in El Reno, Okla.

A noon meal will be provided. Parents are asked to bring student information relevant to application for admission.

Riverside Indian School and the Chickasaw Children's Village will be on site, along with other schools. Sequoyah High School and Jones Academy have been invited.

Boarding school staff will provide applications, check lists, brochures, and all information for students who may be interested in applying for admission to a boarding school for the 2009-2010 school year.

Parents and students can find out about school start dates and if transportation will be provided, etc. Parents can also meet a boarding school representative to discuss their child's application for admission.

PARENTS: bring your child's birth certificate; current transcripts; immunization records; original social security card; certificate of degree of Indian blood (tribal enrollment verification), or call (405) 422-7600 to request a CDIB; any test scores you may have on your child; and current physical form (if one has been completed).

Court appointed guardians must bring legal document showing guardianship. Bring any other information you feel may be helpful for your child's application for admission to boarding school.

If you do not have the listed items, the school can request them after a parental consent form has been signed.

For more information about the workshop, call (405) 422-7560 or email wwhiteman@c-a-tribes.org.

Hinono'eitiit completes first Geary High School class

Submitted article

The school year began by meeting the Geary School's superintendent so an Arapaho language and culture class could be implemented.

Our mission: through high school courses, targeting Native American students, the education of Arapaho language and culture would give the youth a sense of who they are, where they come from, and a sense of where they are going.

"It wasn't easy. We had to design a class essentially, while teaching it. It is like sailing a ship while it is being built. Teaching culture is not easy. It has to be understandable, and also in accordance with our traditional beliefs. We aren't here to teach our children how to be Indian, but to show them the way. All in all, we feel it went well, and we hope that this will spread to other schools," Abraham Pedro, Arapaho language coordinator, said.

One of the mainstayers around the Geary community, which has a high proportion of Arapaho tribal members, is John Copeland. He was immediately on board, and became a co-teacher with Pedro.

In his own words, he came from his own Cherokee territory of Tulsa around 16 years ago to revive the native church in Geary, as well as restore traditional cultural values that had become marginalized through the process of missionaries and assimilation.

Becoming involved in the community, he became more deeply acquainted with the Arapaho traditional ceremonies, and realized the values of the church he represented and the traditional values of the Native American communities were one and the same.

"The class to me was a fulfillment of a vision to restore traditional values. When I first came to this community I had envisioned the creation of a tribal educational center where we would teach our own children from our own perspective, and though this has never been realized, this is a start," Copeland said.

"As a young man born and raised from Calumet, too often, I believe that one of the reasons that we have such a low retention rate is that we do not mesh with the dominant society. Our kids are not proud of who they are. They do not know who they are. The dominant society at the educational and secular levels unconsciously teaches our kids to be ashamed of their own culture. If they ask at home, sometimes their parents do not know and tell them 'don't ask questions.' We have been given a chance to teach our traditional stories, our traditional values, and our language through the school system, and we ran with it. Now, it can only get better and more refined," Pedro said.

Through a wealth of curriculum that includes many of our traditional stories and legends and understandings shared with our program through the Arapaho Wind River College, and The Arapaho Language and Culture Commission, and also having people around the community volunteer, it was a wonderful chance to assist our kids.

Highlights were having Charlotte Lumpmouth come to the class and show students her beadwork collection, and having Fred Mosqueda and Charles Sleeper talk to our kids about our traditional values. The main highlight was taking the kids to the University of Oklahoma in Norman, Okla., where we visited the Sam Noble Center and the Jacobsen Indian Art Center.

We are looking forward to expanding to a second year cultural class and working with another introductory class out of Geary High School.

If our kids want to learn the meanings behind songs, or what our understandings are, we want to show them.

A special thanks goes out to the students Jasmine Bates, Nathaniel Charlie, KJ Hicks, Ashley Hobbs, Stephanie Garrison, Marissa Tomson, and Sam Youngbull, who took the first class and bearing with us as we developed this course.

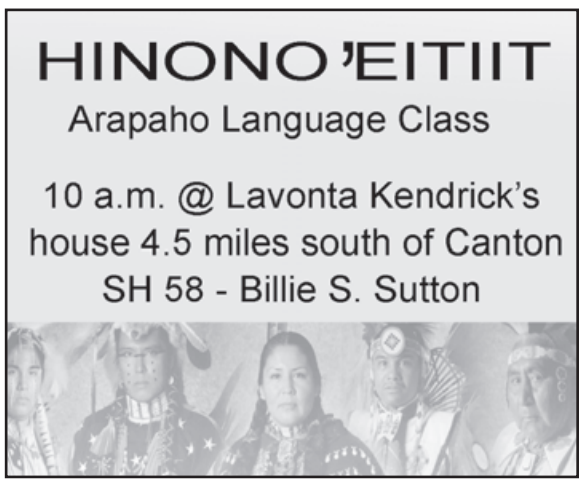
One thing that surprised me were the two female Anglo students who took this class. We had an enjoyable time and it goes to show that sharing culture is inclusionary, and any way students can benefit from this is wonderful to me.

Copeland and I have also started to develop the curriculum further in the areas of Southern Arapaho specific curriculum. Copeland has made many efforts in the past year to translate and interpret the Arapaho church hymns and sweat lodge songs. It is good for a person singing to know what they are singing about.

We hope the curriculum we have used and also developed for our use will also be available through the Hinono'eitiit Ho'owu' (Arapaho language program) and through Culture and Heritage in the future or be available through online courses.

And, I am not leaving our Cheyenne people out. We need to develop both, but I know my own tribe best. Our main concern right now is that we do not have enough tribal teachers who are dependable and who can do this.

We hope to develop this type of class in other school districts. Our main intent is that through the education of our young Native American students, they will go on to college and come back as fully certified teachers or make something with their life, knowing where they come from, so they can also be happy and content with whatever they pursue in ways of academics, careers, or in their lifestyles.



Koshiway wins at Red Earth youth art competition

Submitted article

Aundrea Koshiway, an enrolled Cheyenne and Arapaho tribal member is also Otoe-Missouri, Creek, and Seminole. Koshiway entered the 2009 Youth Art competition at the Red Earth Festival.

She is 10 years old and entered several categories in Division I ages 9-12 years. She won first place in the pottery category and second place in the sculpture category.

She is the daughter of Joseph Koshiway and granddaughter of Deswood Koshiway. Her great-grandmother Agnes Oldbear is Cheyenne from Longdale, Okla. Martha Koshiway is her great-grandmother on her Otoe-Missiouri side.

Koshiway enjoys drawing and painting. She hopes to continue with her art and plans to continue her involvement with future art contests.

Courtesy photo

Cheyenne, Arapaho artist achievements

Submitted article

The following is a brief list of Cheyenne and Arapaho artists who won during the 2009 Red Earth festival art compitition in Oklahoma City.

Cultural Items, Diversified-First Place: Frank Sheridan

Photography-Third Place: Gordon Yellowman

Metal Sculpture-Second Place: Harvey Pratt

Wood Sculpture:-First Place: Charles Pratt

Harvey Pratt

Charles Pratt

Photos by Rosemary Stephens

Cheyenne and Arapaho Tribal College
SWOSU
100 Campus Drive,
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Phone: (580) 774-3742
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E-mail: catc@swosu.edu

CATI computer system in spotlight

Submitted information

Bryan Sykes, Cheyenne and Arapaho tribes Technology & Innovation Training Center coordinator, will be shown from 6:30 p.m. to 7p.m. on TV Channel KOCO-TV 5 ABC on June 20, 2009 following the Eyewitness News 5 newscast.

The program gives the latest updates in modern medicine. The discussion is on the computer system set up in the CATI Center in El Reno, Okla.

This system is designed to aid and assist with brain injuries, cognitive deficits and has worked very well for stroke victims. Watch this program to gain information on how to obtain this assistance.

Notice

The **CATI Training Center** will be closed:

JUNE 1, 5, 25, and 26

JULY 3, 10, and 17

Culture, Heritage program revisions

Submitted by the Culture and Heritage program

Effective Immediately!

Notice to Tribal Members:

While it is the mission of the Cheyenne and Arapaho tribes Culture and Heritage program to foster traditional and cultural participation, the program is restructuring and under budget constraints.

Due to these constraints the Culture and Heritage program has re-evaluated allowable program expenditures and policies and the following is effective immediately.

- Assistance to ENROLLED TRIBAL MEMBERS ONLY
- NO WALK THRU CHECK REQUEST
- NO APPLICATIONS will be accepted AFTER THE FACT
- NO DONATIONS of WATER for INDIVIDUALS
- NO PENDELTON BLANKETS
- NO FOOD VOUCHERS for INDIVIDUAL EVENTS
- NO LOANING of TABLES and/or CHAIRS for INDIVIDUALS

Thank you for your patience and understanding. We apologize for the inconvenience these changes may cause.

In addition more changes may occur and tribal members will be publicly notified. Your cooperation is greatly appreciated.

Important program reminder

Submitted by the Culture and Heritage program

The Cheyenne and Arapaho tribes Culture and Heritage program is dedicated to preserving tribal traditions, promoting oral history, art, music, traditional languages, and fostering cultural participation for tribal members.

To better serve tribal members in their traditional and cultural endeavors, all applications are required to be submitted **TWO WEEKS** in advance of any event/activity, allowing staff and the finance team time to process and comply with all tribal purchasing procedures. **In addition, effective May 31, 2009 as per directive, no more walk-thru check requests will be processed.**

Applicants are responsible for ensuring that all support documentation is provided and attached hereto. Failure to submit support documentation may cause your application to be denied.

Your immediate attention and cooperation is greatly appreciated, and we look forward to serving you.

For more information or to receive an application, please contact our offices at (405) 422-7433 or call toll free 1 (800) 247-4612 ext. 27433.

CANAR holds mid-year conference

Submitted article

The Consortia of Administrators for Native American Rehabilitation held their Mid-Year Conference in Anchorage, Alaska.

Charles Sleeper and Bryan Sykes represented the Cheyenne and Arapaho tribes. The total attendance included 52 individual Tribal Vocational Rehabilitation programs throughout the United States.

This conference included a directors teleconference from Washington D.C., membership meeting, keynote speakers, breakout sessions, awards banquet and plenty of networking.

Alaska has 11 Tribal Vocational Rehabilitation programs that contributed to the conference. Also attending from the Cheyenne and Arapaho tribes was Pat Smothers, James Jones and Susie Galindo.

Photo courtesy of Truesdale & Associates

Charles Sleeper and Bryan Sykes attend the CANAR conference in Anchorage, Alaska.

The next CANAR annual conference is to be held from Nov. 28, 2009 to Dec. 2, 2009 at the Embassy Suites in Norman, Okla. The Oklahoma Tribal Vocational Rehabilitation (OKTVR) Council and Oklahoma Department of Rehabilitation Services have joined to present this conference.

How can child abuse happen?

Submitted article

There are many complicated factors that lead to child abuse. Risk factors for child abuse include:

- History of child abuse. Unfortunately, the patterns we learn in childhood are often what we use as parents. Without treatment and insight, sadly, the cycle of child abuse often continues.
- Stress and lack of support. Parenting can be a very time intensive, difficult job. Parents caring for children without support from family, friends or the community can be under a lot of stress.

Teen parents often struggle with the maturity and patience needed to be a parent. Caring for a child with a disability, special needs or difficult behaviors is also a challenge. Caregivers who are under financial or relationship stress are at risk as well.

- Alcohol or drug abuse. Alcohol and drug abuse lead to serious lapses in judgment. They can interfere with impulse control making emotional and physical abuse more likely.

Due to impairment caused by being intoxicated, alcohol and drug abuse frequently lead to child neglect

- Domestic violence. Witnessing domestic violence in the home, as well as the chaos and instability that is the result, is emotional abuse to a child. Frequently domestic violence will escalate to physical violence against the child as well.

If you have any questions feel free to get in contact with Adrian Prairie Chief, ICW prevention caseworker.

Buffalo rations for the 2009 ceremonies

Submitted article

Notice to tribal members:

ALL buffalo rations will be dispersed by the Culture and Heritage program for the 2009 Cheyenne and Arapaho ceremonies. Rations will be given on a first come first serve basis based on the participation level of applicant.

Important Reminder: To better serve tribal members in their traditional and cultural endeavors, all applications are required to be submitted TWO WEEKS in advance of any event/activity, allowing staff and the finance team time, to process and comply with all tribal purchasing procedures.

Applicants are responsible for ensuring that all support documentation is provided and attached hereto. Failure to submit support documentation may delay and/ or cause your application to be denied._Your cooperation is greatly appreciated, and we look forward to serving you. For more information or to receive an application, contact Marina or Virginia at (405) 422-7704 and (405) 422-7714 or call toll free (800) 247-4612 ext 27704 or 27714.

National Park Service waive fees

(BRECKSVILLE, Ohio) – Secretary of the Interior Ken Salazar announced that the National Park Service will offer three fee-free weekends this summer to encourage Americans seeking affordable vacations to visit these national treasures. There are 391 national parks located across the country in 49 states.

"During these tough economic times, our national parks provide opportunities for affordable vacations for families," Salazar said at a press conference at Cuyahoga Valley National Park. "I encourage everyone to visit one of our nation's crown jewels this summer and especially to take advantage of the three free-admission weekends."

The 147 National Park Service sites across the country that charge fees for entry will waive these entrance fees during the weekends of June 20-21, July 18-19, and Aug. 15-16, 2009, Salazar said.

Meanwhile, many park partners including tour operators, hotels, restaurants, gift shops, and other vendors will offer additional discounts and special promotions on those dates. More information on the fees and discounts can be found at http://www.nps.gov/findapark/feefreeparks.htm

NOTICE

The Cheyenne and Arapaho tribal complex will be closed on June 25, 2009 in observance of Little Big Horn day.

Cheyenne & Arapaho
R.E.Sp.E.C.T. Program
Recreation, Exercise & Sports for the Elders and Children of our Tribes

May 28, 2009

Program Revisions
EFFECTIVE IMMEDIATELY!

Due to the budget constraints that our program is going through at this time the following are changes that need to be addressed:

- We will accept applications and give assistance for ENROLLED TRIBAL MEMBERS ONLY!
  1. We cannot accept applications with a child's CDIB2
  2. We will not accept applications with the parent or grandparents CDIB number
- We will allow a child to attend ONLY ONE (1) Sports/Recreation/Exercise CAMP per year!
  1. This will include the 2009All-Native Boys/Girls camp at SWOSU
  2. If your child has already attended a camp then they will not be allowed further assistance from our program until the Spring/Summer of 2010
- We will NO LONGER accept applications AFTER THE FACT!
  1. Each application must be turned in prior to the child or youth team participating in an activity
  2. The program will not reimburse or pay a vendor after the deadline for that activity unless we have received **a completed application** for that youth or youth team at least two (2) weeks in advance
- We will NO LONGER accept applications to assist ADULTS! (age 19-55)
  1. We will not provide assistance for adult teams nor adult individual applications
  2. We will still provide the various adult sports leagues throughout the year
- We will NO LONGER be able to DONATE FOOD or WATER!
  1. We are unable to donate fruit, grocery baskets, and water for benefit/graduation dances and powwows
  2. We are unable to provide meals for unrelated program activities

We apologize for any inconvenience these changes may cause. Please be aware that these changes are effective immediately.

Concur: Dr Rennard Strickland
Exec. Dir DOH

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Open to anyone with an interest

LUNCH will be provided

Date: June 17, 2009
Time: 10:00 am to 2:00 pm
Location: C&A Housing Authority, Large Conf Rm.
Clinton, OK

Sponsored by: C&A Health Education Program 422.7674/7676
Presentation provided by: OK Lupus Foundation

FATHER'S DAY ACTIVITY

FISHING

SWIMMING

Inviting Tribal Youth and their Fathers or Father Figure to come out and have a fun filled day of activities!

JUNE 20, 2009
RomanNose State Park
10:00 a.m. - 3:00 p.m.

For more information, please contact the R.E.Sp.E.C.T. Program @ 1.800.247.4612 ext 27585

GOLFING

TCCC urges people to get counted

Submitted article

There will be a Tribal Complete Count Committee (TCCC) meeting for the Cheyenne and Arapaho tribes from 1:30 to 4:30 p.m., June 22, 2009 at the Cheyenne and Arapaho tribes Department of Education (CA-DOE) offices in El Reno.

Quinton Roman Nose has been appointed as the liaison for the Cheyenne and Arapaho tribes to work with the Census Bureau through the Tribal Governments Liaison Program (TGLP). The purpose of the meeting to invite all tribal programs and any program which serves Native Americans in northwest Oklahoma to organize a TCCC.

The purpose of the TCCC is to ensure that Native Americans in our area are notified and counted by promoting activities between now and April 2010. The importance of an accurate 2010 count:

1. Every year, the federal government can allocate more than $300 billion to tribes, states and communities based, in part, on census data.

2. Tribal leaders can use census data to gain insight into tribal members living in urban and rural areas and determine the need for tribal development programs.

3. Census data guide local decision-makers on where to build new roads, hospitals and job training, child-care and senior citizen centers.

Connie Hart Yellowman will also give a presentation. She is a U.S. Census Bureau senior partnership specialist.

CHEYENNE & ARAPAHO FOOD DISTRIBUTION JUNE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9 CLINTON TG #1 OUTREACH AT TAILGATE	10 SEILING TG NUTRITION ED FOOD DEMO CHR SAFETY FAIR-OUTREACH	11 HAMMON TG	12	13
14 FLAG DAY	15	16 CLINTON TG #2 OUTREACH AT TAILGATE	17 NUTRITION ED FOOD DEMO	18 ELK CITY TG	19	20
21 FATHER'S DAY	22	23	24 CLOSED FOR TRAINING	25 CLOSED LITTLE BIG HORN DAY	26 LAST DAY TO PICK UP FOR JUNE	27
28	29 CLOSED FOR INVENTORY	30 CLOSED FOR INVENTORY				

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****Tailgates are subject to change due to bad weather or at the director's discretion. Please contact the Food Distribution at (888) 747-9520 for more information on day of scheduled tailgate. Tailgate sign-in times are **11 am- 1 p.m.** You ***MUST SIGN IN BY 1p.m.*** to be waited on at the tailgate site!! NO EXCEPTIONS!!!

strength

Continued from page 1

In May 2008 West was arrested for DUI in Oklahoma City on a Saturday. After being bailed out of jail the same day, West received a second DUI the next day, Sunday.

"I went to court pretty quick and the judge looked at me and said I was going to prison. She sentenced me to seven years … my attorney said I would have to serve two years," West said. "I tried to keep putting off the sentencing but the judge nipped that really quick. On July 8, 2008 I was handcuffed and booked into jail to begin my two year sentence."

West said deep down she felt a sense of relief that something was going to happen at last but she said she was scared and sad to be leaving her kids and husband.

"I think I was just so numb from years and years of drinking that I just didn't care if I lived or died, much less go to prison, but it hurt me to see my family so sad and I knew I had let them all down," West said. "In there (prison) I was locked down 23 hours a day, with only one hour to shower or walk around. No sunshine, no fresh air … reality really sets in and I had plenty of time to look inside myself and at my life at what alcohol had done to me and all the people I love."

Since being released early through the SCRAM program,

See strength, page 7

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Is it hunger?

According to the Centers for Disease Control, obesity is the No. 1 health threat in the United States. So how do we keep our weight within a healthy range? Many of us believe gaining weight is a result of not getting any physical activity and overeating to excess. While this can be true, it is not always the case.

As little as 100 extra calories a day can make a difference in weight gain. This is why it is important to stay aware of how many calories you are eating in a day.

It's easy to be tempted to reach for a bite of food every time we feel the slightest sensation of hunger. Many of us eat even when our bodies are not really hungry.

Eating every time we think we may feel hungry can result in overeating. It is important to ask ourselves these questions when we reach for a bite to eat between meal times:

- Am I really hungry? If you think you may not be that hungry, wait and ask yourself the same question again in 20 minutes.
- When was the last time I ate? If it has been less than three hours after the last time you ate, you may not be feeling real hunger pangs.
- Could a small snack satisfy me before my next meal?

If you truly are hungry, snacking can satisfy your hunger and meet your nutritional needs as well. Try to snack smartly between meal times by eating the foods your body needs to meet its nutritional goals. Plan ahead for snack attacks and bring healthful snacks such as fruits, vegetables or whole grain products. Be sure to read the food labels to make sure you are not getting more calories or fat than your body really needs.

While it is OK to feel hungry at the start of a meal, try to avoid being overly hungry or starving when you sit down. If you are overly hungry when you sit down to a meal it is easy to overeat and consume more than what our bodies need.

Try to avoid eating on the run. By sitting down and eating slowly, we are able to focus on what we are putting in our mouth. It is easier to listen to our bodies and stop eating when we are full.

At meal time you should always try to sit at a table. Sitting in front of the television, working on a project, reading and even driving while eating makes it easy to not realize how much food we have eaten. This behavior can lead to overeating.

Try to always eat from a plate. If you eat out of a bag, it is easy to eat more than you intended to. Try to always portion out your food, so you know exactly how much you have had.

Some people are unable to recognize when they are hungry. If this is you, a schedule could be helpful. Aim for small meals every three to four hours. If you feel as though you have fell off the wagon and consumed too much at one meal, do not worry or dwell about it. Just move on and try to do better at the next meal.

For questions concerning diabetes or weight management, please contact the C-A Diabetes Wellness program at (405)422-7688.

Oklahoma Tobacco Helpline
1 800 QUIT NOW

Corn Pudding

5 eggs
1/3 cup butter, melted
1/4 cup white sugar
1/2 cup milk
4 tablespoons cornstarch
1 (15.25 ounce) can whole kernel corn
2 (14.75 ounce) cans cream-style corn

1. Preheat oven to 400 degrees
2. Grease a 2 quart casserole dish.

Cooking with commods

3. In a large bowl, lightly beat eggs.
4. Add melted butter, sugar, and milk.
5. Whisk in cornstarch.
6. Stir in corn and creamed corn.
7. Blend well
8. Pour mixture into prepared casserole dish.

Bake for 1 hour.

Makes 8 servings

Honored to be "Your Dentist"
Your Staff:
Dr. Leisha Everett
Family Dentistry
Deana Smith
Hygienist
Ginger Allred
Dental Assistant
PEACHTREE HEALTH CENTER
1100 N. Mustang Road, Mustang, OK 73064
(405) 376-6565

BRIEFS

The 12th annual Southwestern Indian Gaming Conference and Expo

June 22-24, 2009 at the Inn of the Mountain Gods Resort & Casino in Mescalero, N.M. For more information or to register visit www.bussproductions.com.

The New York Gaming Summit

June 22-23, 2009 in Saratoga Springs, N.Y. For more information or to register visit www.nysummit.com

The 2009 Building on Family Strengths Conference

June 23-25, 2009 at the Hilton Portland and Executive Tower in Portland, Ore. For more information conctact Kris Gowen at gowen@pdx.edu.

Pre-Licensing and Background Investigations

June 24-25, 2009 at the UNLV International Gaming Institute in Las Vegas, Nev. For more information call (702) 895-2008 or visit www.igi.unlv.edu.

Payroll Tax Management for Tribal Organizations

June 25-26, 2009 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com

The 19th annual California Indian Basketweavers Gathering

June 26-28, 2009 at the Tish Tang Campground in Hoopa, Calif. To register or for more information visit www.ciba.org or call (530) 668-1332.

The 30th annual NAMI Convention-Multicultural Action

July 6-9, 2009 at the Hilton Hotel in San Francisco, Calif.. This convention marks NAMI's 30th anniversary and the first anniversary of Bebe Moore Campbell National Minority Mental Health Awareness Month. For more information or to register visit www.nami.org.

The 16th annual International Boys' Schools Coalition Conference-Windows into Manhood

July 7-10, 2009 in Hastings Hawke's Bay, North Island, New Zealand. For more information visit www.theibsc.org.

The 2009 National Native American Indian AIDS Summit

July 14-15, 2009 at the Rochester Riverside Convention Center in Rochester, N.Y. For more information call Calvin TwoGuns at (585) 413-1817 or by email at calvintwoguns@ymail.com.

The Association of American Indian Physicians 38th Annual Meeting & National Health Conference

July 22- 26, 2009 at the Westin Alexandria, VAFor more information call (405) 946-7072 or to register visit www.aaip.org.

The 23rd annual Indians in Sobriety Campout

July 23-26, 2009 at the Jicarilla Apache Nation in Dulce, N.M. For more information email indiansinsobriety@earthlink.net or visit www.naigsoaa.org.

Hearing Procedures for Tribal Gaming Commission

June 25 - 26, 2009 at the Palace Station in Las Vegas, Nev. To register visit www.falmouthinstitute.com.

CULTURAL CORNER

Sundance vows

By Abraham Pedro

"You have noticed that everything as Indian does is in a circle, and that is because the power of the world always works in circles, and everything tries to be round ... the sky is round, and I have heard that the Earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nest in circles, for theirs is the same religion as ours. Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves." – Black Elk, Oglala Sioux

"There are many things to be shared with the Four Colors of humanity in our common destiny as one with our mother the Earth. It is this sharing that must be considered with great care by the elders and the medicine people who carry the sacred trusts, so that no harm may come to people through ignorance and misuse of these powerful forces."- Resolution of the fifth annual meetings of the Traditional Elders Circle, 1980

With the ceremonies of our people, the Cheyenne and Arapaho tribes coming up, specifically the Sundance ceremonies that will be held here within the next month, I wanted to talk a little about them.

To our people, these are the full completion, held during the height of the summertime, when the sun is closest to the earth. I do not want to talk about anything to do with what goes on, many of our people have the same feeling I do. That it just isn't OK to talk within a public atmosphere about something that is that sacred. And I agree. Especially, even though pictures and details have been published by anthropologists in the past. Regardless, I have the conviction that if you are meant to know sacred knowledge, you will find it.

There are certain parameters we can talk about these things, but as far as ritualized special knowledge, we cannot tell just anybody. But, because of the sacredness of these ceremonial rituals, and what they mean to us, we have certain times and certain places where we do talk about these things. Besides, the complexity and the representations involved are so complex, it would take a lifetime to fully understand anything.

Because of this, all I want to talk about is the vows, and the meaning behind this. Why we do what we do. Sometimes, the greater public, and the more christianized assimilated tribal people consider what our traditional people do to be "heathenish" and I want to challenge these ignorant attitudes with a statement of awareness that our people have always had open minded thoughts about things. This world is big enough to hold all of our differing beliefs. There are many ways to our creator, and simply, it is OK to agree to disagree. With that in mind, if I do not convey the right understandings or you feel differently, forgive me, I am not trying to be anybody because I am not old enough to have the force of conviction, but I am trying to pass this understanding of our people to our own people and my own thoughts on this.

So, with that in mind, I want to say a vow is simply an agreement made between a person and a higher power. There are many types of vows made, such as a man and a wife go to get married, or the supreme covenants of our people. You can make a vow with anything, whether it is the Sundance, the white man's church, the Peyote ceremonies, or even a plant or animal. WE make these vows because we know that these lodges hold tremendous healing powers, some so powerful that people come away completely changed from just watching or taking part. Sometimes, in life, we come across great sicknesses, great trials and tribulations in life, whether it is for a loved one who is suffering from cancer, or by the faith of the power of our lodges that we come back unharmed and unscathed from a war.

The motion of going into a lodge is precipitated by this force of feeling, of completing a contractual obligation for what the higher powers have done for us, for our people, or for what we want them to accomplish for us.

However, I want to stress that this vow that is undertaken, is not just represented by the few days that this person sits within a ceremonial context. For a person to go into a ceremony such as this, it is needed to be understood that this business of undertaking a Sundance vow (or any number of vows that our people regularly go through), and what it entails is no laughing matter, and is not undertaken lightly.

When you undertake a vow, especially without traditional ceremonies, you are asking for the pity of supernatural forces that can help you, or if you are not living right, can very well hurt you and the ones you may be asking help for. These vows and ceremonies are not something to be done to prove your machismo. When you undertake something like this, the only understanding I have is that you need to live this vow day and night not just for the few days that you participate in the ceremony, but through your entire life. You live this from the time that you say those binding words, on up until you finish what you are doing, and on into the rest of your life. It is very easy to live in this type of life if you live this from the heart. You have all year long to start getting ready for your undertaking. Start early, get everything in order. You awake early in the morning, you say a word of prayer. You know what is right in your own life, and you do it. You live it in a good manner, you do your best to stay close to these good ways of thinking, of living, of being, and when you make mistakes, you change your course.

So, I am writing this in response to many people who talk about the way many of our people simply "act holy" for four days for our ceremonies, then we see them carrying on any kind of way. If you come around the ceremonies, take care of yourself, respect your own self, your own vows. You cannot walk this road with drugs and alcohol in your body. You cannot walk this road with abuses happening.

If you are, chop it off, and go on, give thanks for your health and well being. If you have rules or prohibitions you must live by, you better live by them. If you have received some type of blessing, don't ever be afraid to come give thanks, and to support our people with what they are doing, because that is what it is all about.

I say this as our people are starting to prepare themselves, mentally, physically and spiritually for the long ordeal ahead. What they are going to do, they are going to accomplish something so great and powerful, it is something that holds a great deal of gratitude in my heart that we have people in our tribe like this. We all have our stories with what we have seen around these ceremonies, but, I know people have gotten well in the blink of an eye around these things, bad feelings or old enemies or old family grudges have melted away like nothing around these ways.

If anything, do it in a sincere manner, and again I appreciate all of our ceremonial people for what they do, and I hope this inspires more of our young people to turn away and come celebrate. Come around our ways, because we have something to really be proud of as Arapaho and Cheyenne people.

Next issue I will get back on track and talk about the initial contemporary history of our tribe. Any thoughts, questions, comments? I am surprised by the lack of comments from our tribal people, please, let me know what you want to hear about! Thanks! Abe Pedro- (405) 422-7729, email ADpedro@c-a-tribes.org

strength

Continued from page 6

Courtesy photo

James Moore, Education and Employment Ministry (TEEM) program instructor, presents Lydia West her certificate of completion.

West continues to attend meetings and counseling to maintain her sobriety. She completed courses through the Education and Employment Ministry (TEEM) program in Moore, Okla. and is currently working on being reinstated to the nursing profession.

"Lydia impressed me right off because she was so open and candid about where she's been and where she's going," James Moore, TEEM program instructor, said. "She sat right up front, which we pay attention to don't ask me why, and you could just tell she had a peace about her … she really did well through the course and now two of her kids are taking classes through TEEM." West said being sober has given her a brand new life and a second chance to live her dreams.

"I know a lot of our Cheyenne and Arapaho tribal members are alcoholics and I want them to know this disease doesn't really care if you are Indian or black or white … if you start thinking you might have a drinking problem, you already do," West said. "I want people to know my story, know where I have been. Hopefully if my story can help just one person find their way to sobriety, it will all be worth it."

For more information about the sober living housing call (405) 427-6169 or to seek help for alcoholism call (800) 468-6933.

CSUEA Youth powwow

Courtesy photos

CALENDAR of Events

Global Communication and Browsing Techniques class
Every Wednesday afternoon in June at the CATI Trianing Center in El Reno. Limited to 10 students

Weekly Speaker class
From 3 to 4 p.m. every Thursday in June in the DLL Classroom at the CATI Trianing Center in El Reno. Limited to 12 students

Kiamichi Owa-Chito Festival
June 18-20, 2009 at the Beavers Bend Resort in Broken Bow, Okla. Art and photography competitions, children's activities, fishing tournament and nightly entertainment. For more information call (580) 584-3393 or visit www.brokenbowchamber.com.

Stop Motion Animation class
From 1 to 2 p.m. June 2-24, 2009 on Monday, Wednesday, Thursdays at the CATI Trianing Center in El Reno.

Creating a Web Page class
From 2 to 3 p.m. June 2-24, 2009 on Monday, Wednesday, Thursdays at the CATI Trianing Center in El Reno.

Language & Culture Using Computer Technology Cheyenne and Arapaho Language Skills class
From 1 to 3 p.m. on Tuesday's at the CATI Trianing Center in El Reno and from 10 a.m. to noon every Wednesday at the Clinton Housing Authority Buildimg from June 2 to 30, 2009.

Heartland Cruise and Car Show
June 19-20, 2009 at Rader Park in Weatherford, Okla. For vendors and more information call (580 772-7744.

Gourd dance
June 20, 2009 at Southwestern Indian Polytechnic Institute (SIPI). Begins at 1 p.m. with supper at 5 p.m. and continued gourd dancing at 7 p.m. Sponsored by New Mexico Cheyenne and Arapaho tribal members. For more information, call (505) 979-2130 or (505) 465-0927.

Geary Community Nursing Home Garage, Bake Sale
From 9 a.m. to 1 p.m. June 20, 2009 at 720 N. Galena in Geary, Okla.

Multicultural Rodeo
June 20, 2009 at the rodeo grounds in Ponca City, Okla. Calf roping, team ropting, bull riding, barrel racing and more. For more information call (580) 762-2499.

The third Akeen family Father's Day dance
June 21, 2009 at the Concho powwow grounds. Gourd dance starts at 2 p.m., supper at 5 p.m. and grand entry at 7 p.m. For more information call Dale Akeen (405) 262-0926.

R.E.Sp.E.C.T Sports and Fitness camp
June 22-25, 2009 at Roman Nose State Park. For more information, call (800) 247-4612.

Introduction to Media Production class
From 2 to 4 p.m. June 23, 2009 and from 1 to 5 p.m. June 24, 2009 at the CATI Trianing Center in El Reno.

Indian Hills powwow
July 24-26, 2009 at 300 North Sooner Road. Grand entry at 8 pm. each night. Vendors can contact Glenn Rollo at (405) 672-6531 of 606-7198.

Lucky Star Casino Rock Concert
At 7:30 p.m. June 26, 2009 at the Lucky Star Casino in Clinton, Okla. Featuring Smash Mouth, Soul Asylum and Fastball. Tickets are $30 and VIP tickets $40. Sold at any Lucky Star Casino location or by calling (580) 323-6599.

Citizen Potawatomi National Family Reunion Festival
June 26-28, 2009 at the Citizen Potawatomi Nation in Shawnee, Okla. Traditional ceremonies, family games and activities. For more information call (405) 275-3121 or visit www.potawatomi.org.

Tonkawa Tribal Powwow
June 26-28, 2009 at Fort Oakland in Tonkawa, Okla. Annual tribal celebration powwow. For more information call (580) 628-2220 or visit www.tonkawachamber.org.

Joscelyn Tapaha graduation dance
June 27, 2009 at the Fonda Community Hall. Meal served from 12:30 to 1:30 p.m. with dance to follow.

Cheyenne and Arapho Smoke Shop Customer Appreciation Day
June 27, 2009 beginning at 11 a.m. Free hamburgers, hot dogs and drinks.

Birthday/Honor dance for Robert "Bob" Sankey
June 27, 2009 in Concho, Okla.

Kylee (Kolane) Violette Honor Dance
June 28, 2009 at the Thunderbird Casino in Norman, Okla. Gourd dance. Dinner at 5 p.m., Grand Entry at 7 p.m. Arts and crafts booths $40 and food vendor booths $150. For more information or to book a booth call Mary Bond at (405) 366-1884 or Dorothy Violette at (405) 670-1875.

Mark Quintana Honor Dance
June 28, 2008 in Concho, Okla.

Sixth annual Western Oklahoma Indian Baptist Family Camp
June 29-July 3, 2009 at Cedar Hills Baptist Church, 2 miles south and 1 ½ miles west of Binger, Okla. For more information,

Continued on page 9

School deadline nears

Submitted article

Each semester the gaming-higher education program provides tuition and textbook assistance for Cheyenne and Arapaho tribal members and tribal member employees who wish to enroll in part-time American Indian Studies courses.

July 15, 2009 has been set as the deadline for submission of gaming-higher education applications to enroll in tribal college classes for Fall 2009.

The classes will be sent via distance learning from Southwestern Oklahoma State University in Weatherford, Okla. to the Cheyenne and Arapaho education offices in El Reno, Okla.

Additional sites may be available at a later date. For more information call (405) 422-7560 or send a request to wwhiteman@c-a-tribes.org. The gaming application can be copied from our Web site www.c-a-tribes.org/education. A CDIB should be submitted with the gaming application.

A list of classes for the Fall 2009 semester are listed on the Cheyenne and Arapaho Tribal College Web site (http://www.swosu.edu/catc).

Applicants may also request the class schedule or assistance from our tribal college at (580) 774-3139 or gail.wilcox@swosu.edu.

Applicants will need to apply to Southwestern Oklahoma State University as well, and the tribal college staff can assist with applications and the required documents list.

Cheyenne and Arapaho
Department of Education

Offices located at
1621 D East Hwy 66,
El Reno, OK 73036
Phone: (405) 422-7568
Fax: (405) 262-5419
Alternate Fax: (405)
422-3075

Cheyenne & Arapaho Tribes of Oklahoma Head Start Program

The Cheyenne and Arapaho tribes Head Start program Concho Center is now accepting applications for the 2009-2010 school year.

The head start program is a comprehensive child development program that is designed to promote high quality services and provide a range of individualized services in the area of education, early childhood, medical, dental, mental health, nutrition and parent involvement. Head start services are responsive and appropriate to each child and family's development, ethnic cultural and linguistic and experience.

Eligibility Requirements:

Children 3-5 years old-must be 3 years old by Sept.1, and turn 5 years old after Sept. 1. To process application the following must be attached:

a) Copy of Child's Birth Certificate.
b) Copy of Child's Immunization Record.
c) Copy of Child's Social Security Card.
d) Copy of Child's Health Insurance card.
e) Income Verification.
f) If the child has special needs. Documentation attached.

Head start provides transportation to and from the head start center in a 25 mile radius in service area. Includes Concho, El Reno, Kingfisher, Okarche, Geary and Calumet .

Certified staff, age appropriate curriculum, certified CDL bus drivers, nutritious meals-breakfast and lunch, cultural activities and field trips.

The Cheyenne and Arapaho tribes Head Start program follows federal guidelines and local Department of Human Services requirements. The head start program does not discriminate against race, color, sex, national origin or disabilities.

For an enrollment packet or more information please call Leanna Balbuena, center supervisor, or Rachel Morales, family services coordinator, at (405) 422-7647 or (405) 422-7645.

SWOSU Southwestern Oklahoma State University

American Indian Studies Program

Cheyenne & Arapaho Tribal College Est. 2006

SWOSU Fall 2009 AMIS Course Offerings:

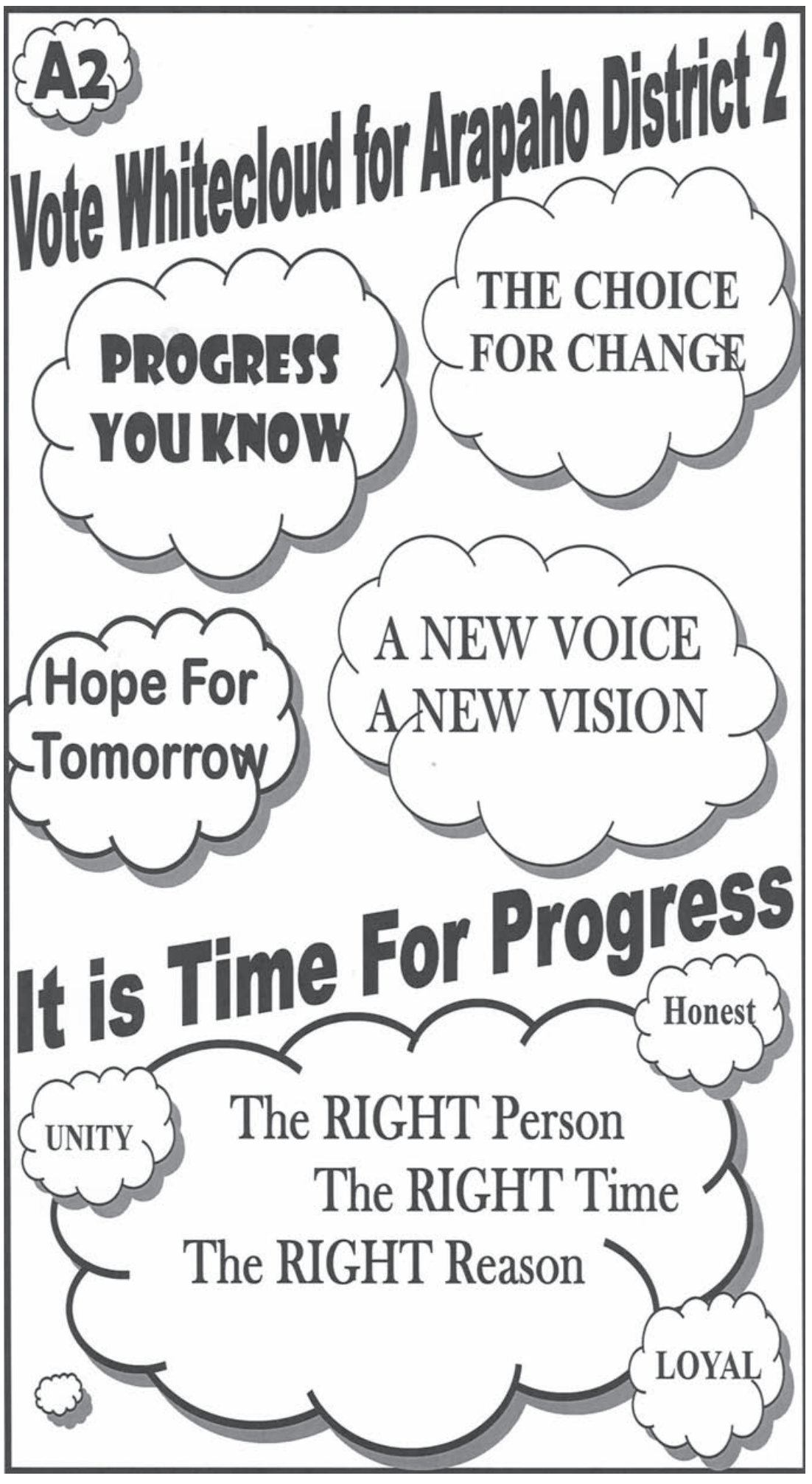
Prefix	Course	Section	Course Title	Day	Time
AMIS	1001 V	3655	Intro/Am Ind Studies	R	8:00 - 8:50 PM
HIST	1063 V	9004	United States History	MWF	1:00 – 1:50 PM
POLSC	1103 V	9000	Amer Govt & Politics	MWF	10:00 – 10:50 AM
ENGL	1113 V	9003	English Composition I	MWF	8:00 – 8:50 AM
KINES	1153	1510	Nutrition	MWF	11:00 – 11:50 AM
ART	1223 V	9002	Art Survey	MWF	11:00 – 11:50 AM
PHILO	1453 V	9008	Intro to Philosophy	MWF	11:00 – 11:50 AM
MATH	1513 V	9005	College Algebra	MWF	8:00 – 8:50 AM
MATH	1513 V	9006	College Algebra	MWF	9:00 – 9:50 AM
MATH	1513 V	9007	College Algebra	MWF	10:00 – 10:50 AM
AMIS	2004 V	3654	Arapaho I	MW	5:15 – 7:00 PM
AMIS	2004 V	3653	Cheyenne I	MW	5:15 – 7:00 PM
AMIS	2103 V	3658	Am Indians Today	W	7:10 – 9:40 PM
ACCTG	2213 V	9001	Principles of Accounting	MWF	9:00 – 9:50 AM
AMIS	2403	3651	Cheyenne &Arapaho History	MWF	1:00 – 1:50 PM
AMIS	2413 V	3659	Tribal Economics	M	5:15 – 7:45 PM
HIST	3722	4103	American Indians	M	2:00 – 4:30 PM
AMIS	4012 V	3656	On Self-Determination Contracts I (P.L. 93-638, Title I)	T	5:45 – 7:50 PM
AMIS	4012 V	3657	Tribal Government I	R	5:15 – 7:45 PM

For additional information contact:

Dr. Phil Holly, Chair
Department of Social Sciences
Southwestern Oklahoma State University
Phone: (580) 774-3292
socsci@swosu.edu

Ms. Gail Wilcox
Administrative and Admissions Officer
Cheyenne and Arapaho Tribal College
Phone: (580) 774-3139
gail.wilcox@swosu.edu

Ms. Janice Boswell, Recruiter/Faculty
Cheyenne and Arapaho Tribal College
Phone: (580) 774-6026
janice.boswell@swosu.edu



To All Concerned Citizens of the Cheyenne and Arapaho Nation:

Are you tired of all the factionalism and infighting amongst our elected officials? Do you wish for a government that cooperates and works together, rather than suing each other and dragging the problems they can't work out into our courts?

The solution to our problem is clear. We The People voted them into office, and, if they cannot conduct themselves in an appropriate and responsible manner, then it is our duty to elect someone who will.

Voter registration is open until July 13, and I encourage all who have not registered to please do so. The toll free number for the election commission is 1 (800) 247-4612 extension 27610. The election commission can mail, fax, or e-mail you the voter registration form. If you are an enrolled Cheyenne citizen 18 years of age or older, living outside of the four district boundaries, or even out of state, and have not yet registered to vote, you have the choice of registering in any of the four Cheyenne districts you choose. I urge you to consider registering in the C-4 district.

My name is Pete Salinas, and I have registered to be your candidate in the upcoming C-4 election. As a candidate and legislator, I will listen to your ideas and opinions, and work for the benefit of all, including those who don't live in the immediate area.

For more information about me and my views, please visit my website at *peteforc4.com.*

You can also e-mail me at ***petesalinas@peteforc4.com.***

Lets all work together for a better and more responsible government.

Respectfully,

Pete Salinas

peteforc4.com

ECONOMIC DEVELOPMENTS

Natural resources news

Submitted article

The Farm and Ranch program has purchased 18 more heifers to increase our herd to 50.

The Concho crew has been working on the fence around our new property south of I-40 on Country Club Road in El Reno.

The Canton crew has been very busy cleaning up after the Walleye rodeo and Memorial Day weekends. They have also finished another shrub/red cedar removal EQIP contract with the USDA.

Courtesy photos

CALENDAR of Events

Continued

call (405) 247-2716.

Indian Hills powwow

July 24-26, 2009 at 300 North Sooner Road. Grand entry at 8 pm. each night. Vendors can contact Glenn Rollo at (405) 672-6531 of 606-7198.

Oklahoma Indian Nations Powwow

July 31 - Aug. 2, 2009 at the Concho powwow grounds in Concho, Okla. Now accepting food vendors and art booths. For more information contact Dara Franklin at (405) 488-5565 Christine Morton (405) 476-1134.

Health Fair and Screening

From 11 a.m. - 3 p.m. Aug. 1, 2009 at the Indian Nations Powwow in Concho, Okla. Sponsored by the Cheyenne and Arapaho Health Education department. For more information call (405) 422-7674 or (405) 422-7676.

Intertribal Indian Club of Tulsa 32nd annual powwow

Aug. 21-23, 2009 at the Historic Perryman Ranch, between 111th and 121st on Elwood turn at the White Buffalo. For more information, visit, www.iicot.org.

Cheyenne and Arapaho tribes Veterans powwow

Aug. 28-30, 2009 at the Canton powwow grounds. For more information, contact Davis Ramos at (580) 623-4991.

Geary Community Nursing Home

A new resident

Submitted article

We welcome a new resident Tonita Sankey.

Sankey was born March 7, 1947 in Clinton, Okla. She has three living siblings and two deceased siblings.

Sankey is the mother of 11 children, 15 grandchildren and 20 great grandchildren. Sankey graduated from Hammon High School.

She married Winslow Sankey, Sr. in 1966 and was a homemaker all of her married life. Sankey is a very happy person. She loves to laugh and loves doing activities.

Kim Hattton and Margaret Pollock

Debra Jones and Roderick Smith

Alicia Mull, Barbara Hopkins, Nancy Paulk, Rod Smith

Betty James and family

Traveling Vietnam Wall comes to Piedmont

(OKLAHOMA CITY) – The Dignity Memorial® Vietnam Wall, a three-quarter-scale traveling replica of the Vietnam Veterans Memorial in Washington, D.C., will be open for public viewing July 3-5 at Piedmont High School's Stout Field in Piedmont, Okla.

It's inscribed with the names of more than 58,000 servicemen and women who died or are missing in Vietnam. Activities and ceremonies planned include the following: A motorcade of Vietnam veterans and other riders from area motorcycle clubs will depart the El Reno VFW at 6 p.m. on July 1 to escort the wall to Piedmont where it is scheduled to arrive at 7:30 p.m.

The Purple Heart ceremony will take place at 9 p.m. on July 1. ALL Purple Heart recipients are welcome to attend.

The Dignity Memorial Vietnam Wall will be open to teachers and school groups for an Education Day on July 2, before the exhibit opens to the general public. Educators interested in scheduling a tour for their students should contact Brooke Kuns at brookek@piedmont-ok.gov or (405) 373-2621.

At 10 a.m. on July 2 and 4 Larry Inman, local Vietnam veteran, will lead a flag ceremony.

The opening ceremony, which is dedicated to all Gold Star families, will take place at 10 a.m. on July 3. On Independence Day, the service will begin at 8:15 p.m. and feature Judge Robert Davis, a Vietnam veteran. The service also features a POW/MIA ceremony and a performance by the Yukon Honor Choir.

The closing ceremony is at 6 p.m. on July 5. Scott Ellis of the Oklahoma Veterans Council and Paralyzed Veterans will give the keynote address.

For more information, call (405) 721-3182 or visit www.DignityMemorial.com.

CADOE promotes faith based opportunities

Submitted article

The Cheyenne Arapaho tribes Department of Education (CADOE) will sponsor a series of meetings in Cheyenne and Arapaho country for the purpose of promoting faith based opportunities to Indian churches in the area.

The immediate goals of the meetings is; Faith Based Opportunities: Inform attendees (representatives from Indian churches in Cheyenne and Arapaho area) of faith based opportunities (grants, initiatives, etc. from David Lee) and lead discussion as to whether a tribal area wide organization maybe an option as opposed to each church applying on their own.

Cheyenne and Arapaho Hymns: Establish a network of churches who wish to promote Cheyenne language and Arapaho language hymn singing in their church. The CADOE would like to discuss how the language and the Culture Heritage programs could support this effort.

A meeting will be held from 9:30 a.m. to 1 p.m. on June 20, 2009 at the Whirlwind Mission Church in Watonga, Okla. to discuss the above ideas.

Meetings will also be held from 6 to 9 p.m. on June 23, 2009 at the Cheyenne and Arapaho tribes Housing Authority building in Clinton, Okla, and on June 25, 2009 at the education office in El Reno, Okla.

The CADOE staff is compiling a list of churches in the Cheyenne and Arapaho area who serve Native American congregations.

For more information contact Quinton Roman Nose at (800) 247-4612, ext 27562.

CHEYENNE & ARAPAHO TRIBES TODAY
Television Program and
C&A Tribal College Video Production
Student Projects can be viewed on
Sudden Link Cable - Weatherford, Okla
Tues. & Thurs.
10 a.m. - 10:30 a.m.
8 p.m. - 8:30 p.m.

Churches serving Cheyenne, Arapaho people

Submitted article

Calumet: Swapping Back

Canton: Mennonite Indian Mission

Canton Indian Assembly of God

Canton Indian Baptist Church

Clinton:

Clinton Indian Baptist Church –Elderly Nutrition Center

Pentecostal Indian Mission Mennonite Indian Church

Clinton Indian Methodist Community Church

Elk City:

Elk City Indian Baptist Church

El Reno:

El Reno Indian Baptist Church

El Reno Indian Methodist Church

Geary:

American Indian Baptist Church

Chief Corner Stone Swapping Back Indian Baptist Church

Pentecostal Rock of Restoration

Hammon:

Grace Point Church-Main Street

Indian Baptist Church

Mennonite Indian Church

Pentecostal Indian Church

Kingfisher:

Kingfisher Indian Baptist Church

Kingfisher Indian Assembly of God Indian Methodist Church

Oklahoma City:

Community Baptist Church

Assembly of God Church

Seiling:

Seiling Indian Baptist Church

Watonga:

American Indian Baptist Church

Episcopal Indian Church

Weatherford:

Weatherford Indian Baptist Church

No. 6793 P. 2002/002
CHEYENNE-ARAPAHO TRIBES
OF OKLAHOMA
FILED
IN TRIBAL COURT
MAY 19 2009
DOCKET FAGE
FILM IMAGE
COURT CLERK
DEPUTY

IN THE TRIAL COURT OF THE
CHEYENNE AND ARAPAHO TRIBES
CONCHO, OKLAHOMA

TRIBAL CHILD SUPPORT SERVICES, EX. REL., THEODOSIA CARPITCHER NOW BOND, PLAINTIFF,	)	CASE NO.: CAN-JFD-95-08 FGN: 106810001
VS.	)	RONNIE CARPITCHER, SR. OBLIGOR
RONNIE CARPITCHER, SR., DEFENDANT.	)	THEODOSIA BOND CUSTODIAN

AMENDED NOTICE BY PUBLICATION

STATE OF OKLAHOMA TO: RONNIE CARPITCHER, SR.,

TAKE NOTICE that you have been sued for indirect contempt of court in the Court listed above by the Plaintiff, alleging that you have violated a court order to pay child support. You must appear in the Trial Court of the Cheyenne and Arapaho Tribes, Concho, Oklahoma on the 9th day of July, 2009 at 9:00 a.m., or the Application for Indirect Contempt will be taken as true and the court will find you in contempt and other relief sought will be granted to the Plaintiff.

Given under my hand and seal this 19th day of May, 2009.

COURT CLERK
Trial Court of the Cheyenne and Arapaho Tribes

April S. Buck, OBA# 18921
Marsha Harlan, OBA# 18565
P.O. Box 1809
Ada, Oklahoma 74820
(580) 436-3419
ATTORNEY FOR TRIBAL CHILD SUPPORT ENFORCEMENT

A Gallery of Nations

Authentic Native American Traditional Art

Eleanor Lefthand
info@agalleryofnations.com

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www.deanspawn.com
405.239.2774

HAPPY BIRTHDAY

Happy 8th Birthday
Madison
From Gwen, Vanessa,
Mariska & Dakota

Happy Birthday Grammies!!
Love- Gertie-Sara, Nellie-Jean, Truman, MaKayla, Alec & Evan

Happy Birthday
Frank Whiteman

Dad, I love you very much … you're my hero. Have a Happy Father's Day too! Love Taylor Jae

Happy 26th Birthday
My Baby
Matthew 'Shortcut'
Yellow Eagle
I Pray that Maheo will Richly Bless You and that Good Things will come your way.
I love you son-Mom

Happy Birthday
Erica Penner
June 18
We love you, grandma Carol, Teresa, Kassidi, Kendrick, Jack, Britny, McKayla, Jacobe, Eric, Evyn, Eliyah and Hoyt

Happy Birthday Ann Jean
We luv u alwayz and foreva!
"U & Bruno letz stay togatha"
From: "Canton Crew" 3.5 miles south of Canton, El Ghetto Crew, and the Cherokee, NC crew

Happy 4th Birthday
Erin Harris June 14
Love you so much.
From mom and Gabriel.

Happy 3rd Birthday
Baby Eddie Woolworth!
June 17th Love Mama, Daddy,"Nana" and "Oma"

Happy Birthday
Erin Steele
June 8
We love you, grandma Carol, Teresa, Kassidi, Kendrick, Jack, Britny, McKayla and Jacobe. Eric, Evyn, Eliyah and Hoyt

Happy 1st Birthday
Aziah Lee Pedro
June 28
Love your mom, dad, brothers & sisters

Happy 7th Birthday
and many more!
Joel Samuel Fletcher
We love you very much and have a good day!
From Mama Squeaky, aunty Peewee, sister Mehgan, sister Shanea, brother Trevor, and everyone else.

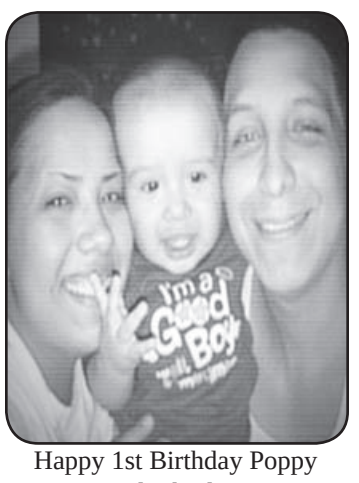
Happy 1st Birthday Nellie-Jean Maddisson Whiteshield
June 11-You blessed our lives with your first breath; we can't believe it's already been a whole year! Infinite X's & O's! Love Mommy Lauren, Daddy Will, Gertie-Sara, Momma Sara, Grammies, Grampies, Baby Auntie, Unc George, Grandma Lou, AwPaw Sherman, Uncle Ed, Truman, MaKayla, Alec, & Evan

June 17-Happy 50th Birthday to our hero, Wannie Whiteshield! We love you so much Mom! Our lives would be lost without you!!! Hugs & Kisses~George, Sara, Lauren, Tiffani, Lawrence, Robert, Mom, & Ed.

June 4-Happy 24th Birthday to my tough side, Buddy Romannose!!! Counting down the days till you come home!! Love and miss you~ Sara

Happy 1st Birthday
Aden Henry
June 18
We love you brother
Mom, dad, papa, Miklyn and Isaiah

Madison Ella
Happy 8th Birthday
Our Lil VIP-(very important princess)
Love you Momma Amber, daddy Elijah and your sisters, Tiara, Arianne & Dariney



Happy 1st Birthday Poppy Donovan Elijah Pleets-June 9
A year ago, we welcomed Donovan, a baby of our own. Nervously and sleepily, we took him to our home. We figured out the nursing This goes how? and where? We were told there would be crying, and how to show we care. A year has gone so quickly, yet we have learned so much. We've felt a love so strongly, in a baby's gentle touch. His laughs and smiles. His pouts and tears. Wow! He can get so mad, but we wouldn't trade a minute, As a thankful mom and dad. HAPPY BIRTHDAY SON! WE LOVE YOU!

Happy Birthday Lori
Penner
June 24
We love you, grandma Carol, Teresa, Kassidi, Kendrick, Jack, Britny, McKayla, Jacobe, Eric, Evyn, Eliyah and Hoyt

Happy Belated Birthday
Joey Blanchard – May 15
Roy Hudson – March 19
Colin Meek – April 11
Big Owl Love~
Colin Meek

Happy Birthday
Damyn RedShin
June 28 – 2 years old
Love your family

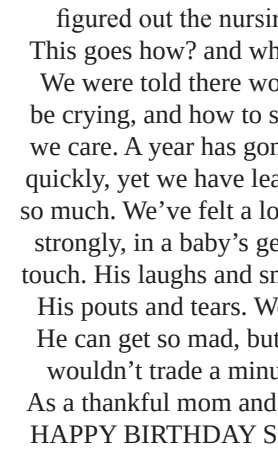
Happy 6th Birthday Marcus!
We love you!
Mommy, Daddy, Cella and your whole family.
You make us so proud everyday!

Happy Belated Birthday
Syra Raine Littlehawk
June 8-4 years old
Love G-ma Littlehawk

Happy Birthday June 25
To our beautiful sister-
Verbena Sue Looper
With love, your sisters and brothers

Happy Belated 8th Birthday!!
To my oldest boy Jarvis SpottedCorn. Sorry we missed your b-day. We love and miss you and Antonio so much.
Love mama Gloria, G-Pa Goosby, Unc Curt & Aaron, and baby sis Janice.
Love you lots!

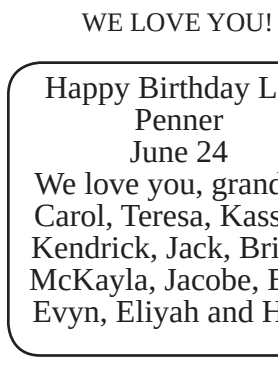
Happy Birthday
Matthew Yellow Eagle
June 13 – 26 years old
From dad, Mary Lou, Chas, George Lance and Randall



Congratulations to my son Kendrick Lee Humphreys on receiving his kindergarten certification on May 20, 2009 from the Thomas Public School in Thomas, Okla. He has passed and is going into the first grade in the fall.

Also, congratulations for winning first place in the somersault race and the relay time race at the Little Olympics held in Thomas on May 18, 2009.

I am proud of you and love you very much ... Teresa Rice.



Joseph "Dopes" Dale Vega

We are very proud of you. Keep up the good work!

Joseph's awards from the Cheyenne and Arapaho Department of Education include Achievement in Reading Award, Life Principle Award, Mighty Math Award, 17.0 AR Points, Spelling Achievement, Physical Education, and the 24 Dolch Word List

Happy 15th Birthday
Margaret Jane Bigfoot
June 12
Be proud! You are a beautiful girl and an outstanding basketball player. Your daddy in heaven is watching over you. We love you and God Bless you. From all your family.

June 25-Happy Sweet 16 Tiffani SittingBear!! We are so proud of everything you do, here's hoping your day is everything you hoped!! Love you so much, Mom, Dad, George, Sara, Lauren, Grandma Lou, Uncle Ed, AwPaw Sherman, Robert… We love you Baby Auntie!!! Gertie-Sara, Nellie-Jean, Truman, MaKayla, Alec, & Evan

Happy Birthday

Winterhawk Pedro June 12-4 years old
Jarrett Snow June 26-3 years old
Terry Guzman- June 15-3 years old
Alex Reed-June 12-3 years old
Oh-hah-Moe Pedro-6-25-2 years old

From all your friends at Concho Child Development

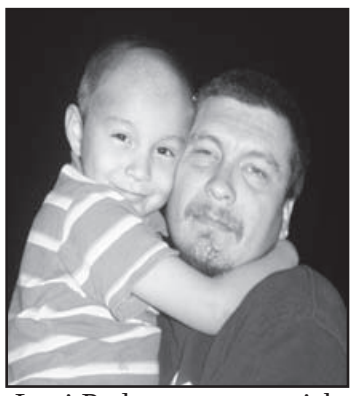
HAPPY FATHER'S DAY

Happy Father's Day to Roger Alan Todd
From Skeeter, Bruce Allen and Terri.
We all love you!

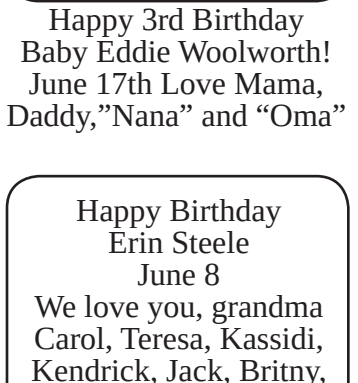
Happy Father's Day
Ralph Tall Bear
From Chris Pavnah, Kathleen Minnie and Walkup.

Happy Father's Day to one Geep Meely
We are being blessed with another addition to our family. We love you
And Punkin ☺ From your Gran-to-the-mall, mom, aunties Cheri, Tia, Jodi, Janice, uncles Tracy, Milford, Dustin.
The Fletchers, Meely's & White Buffalos

Happy Father's Day
George Walker, Luther Daukei, Clarkson Littlecook, Chris Nott, Anthony Bedoka, Daniel Whitebird, Chris & Joey Blanchard, Jimmy Meek Sr., Jimmy Meek, Jr., "Jess" Vic, & "Lil" Skin Noriega.
Keep yall's head up because you are not forgotten. I love every one of you!
Stay strong.
Love Colin Meek



Levi Pedro wants to wish his daddy Bubba a Happy Father's Day!!



Happy Father's Day
Karl Anthony Morlan
We love and miss you!
Love always moms, dad, Rabbit, Devil, Dope Boy, Annaa, Mr. "B" and Marcus

To Frank: I wish you a very Happy Birthday and Father's Day. You have been there through thick and thin and all the ups and downs over the last 15 years. It doesn't seem that long, how time flies by. The last eight years have been the best, I appreciate all you do in our family and household. You're the best Ese'em there is. Enjoy your special days and know that you are loved by us all.

De' Tay, Leina, Taya, Shay, Kayden, Decheiya, My-My, Baby Cy and Lil Ruff.

Congratulations

Ralph Joseph-Sean Tall Bear and Tisha Kaye Tall Bear

of El Reno, Oklahoma announce there marriage on May 12, 2009.

The groom is the son of William Tall Bear Sr. and Evelyn Tall Bear and the late Lucille Drunker Tall Bear.

The bride is the daughter of Stella Redbird of Concho, Billie Whitlow of El Reno and Margie and Jerry Kinsey of Tecumseh.

Ralph and Tisha are the proud parents of Christopher Bryce, 12, Pavenah Mogieh, 10, Minnie Cora-Eve, 8,

Kathleen Rosa Belle, 3, and Walk Up Delos Tall Bear, 6 months.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts,
valid Oklahoma state driver's license, and CDIB to:
Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Business Development Officer
Economic Development

QUALIFICATIONS:

Bachelor's degree in economics, business, public planning, marketing or four years specialized experience in planning and business development preferred. Must have at least three years in financial management and at least one year of marketing. Incumbent must be able to demonstrate public speaking skills, conduct power-point presentations to a variety of business entities, Indian and non-Indian communities, local chamber of commerce and/or local economic development organizations. Native American preference applies, with current CDIB. Must possess valid Oklahoma state driver's license. Must pass pre-hire drug screening.

SALARY: Negotiable

FT/PT/Temp-Paralegal/
Legal Assisant/Legal Intern

QUALIFICATIONS:

Two positions open. Word processing, filing, data entry experience, general clerical and office experience. Must have own transportation and valid driver license. Excellent analytical, writing and speaking skills. Applicant must have strong interpersonal skills and the ability and willingness to function as a member of the Legislative Branch in a number of capacities. Certificate of completion or degree from an ABA-approved paralegal program or bachelors or associates degree from an accredited institution of higher education. Experience and/or education in Native American legal issues preferred with advanced legal research skills and knowledge of Indian law databases. Knowledge of the Cheyenne and Arapaho tribes' history, culture and government. Native American preference.

SALARY: Negotiable

Staff Assistant
Caregiver Program

QUALIFICATIONS:

Possess a high school diploma or GED certification. Valid Oklahoma driver's license required. Prefer 55 years of age. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

Procurement Encumbrance Clerk

QUALIFICATIONS:

Knowledge of bookkeeping principles, practices, and business math required. Ten-key proficient with experience in keyboards and familiar with spread sheet and word processing programs. Be familiar with basic filing techniques. One year minimum experience in bookkeeping or general accounting procedures. High School diploma or GED required. Work experience must include experience with computers and office equipment. Must possess valid Oklahoma driver's license. Native American preference.

SALARY: Negotiable

Thank you

The Culture and Heritage program would like to thank Justin Hayes, Gary Horse, Carol Richey, Leah Elledge, and Kellie Elledge for volunteering during the 2009 Red Earth festival.

Your assistance and donation of time was invaluable and very much appreciated!

Thank you

from the C1 office

I would like to thank you for the support, confidence, and continued efforts in unifying the communities.

Committees should start thinking of upcoming plans and ideas for the upcoming meetings. Community members are encouraged to attend the meetings; this is where concerns, ideas and input are needed in order for us to be successful in our endeavors.

We would like have input on activities for elders 55 and older and children and youth under age of 18. We have a few ideas and would like to have your opinion on them.

REMEMBER meetings will be held at 6:30 p.m. on June 23 in Seiling and June 24 in Watonga. A meal will be served at both meetings. We have invited tribal programs to attend and answer any questions you may have. Again, please plan on attending and we hope to see there.

Thank you,
Bruce and staff

Thank you

I would like to express my sincere appreciation and a big thank you to the R.E.Sp.E.C.T program staff and volunteers for an astounding job in organizing and making the family night on May 28, 2009 a huge success. It was a fun night for all the young and old. My heart felt good to see our youth and elders benefiting from our gaming monies. I speak for myself and fellow tribal members back in the day when we were young, our parents couldn't afford to take us places such as a carnival. I know all the youth and my grandchildren really enjoyed all the free food, snow cones, popcorn, cotton candy, petting zoo, rides, activities and inflatable balloon bouncers. To see all the youth and my grandchildren smiling, laughing, playing and having a good time was priceless. This is what the community needed was a family get together. Thank you and keep up the good work.

A respectful tribal member, Gail Williams

Congratulations

AIVR announces honor students

Submitted article

The Cheyenne and Arapaho tribes American Indian Vocational Rehabilitation program of Clinton announces the names of clients who have received honors for the spring semester from Southwestern Oklahoma State University.

The students are Oveta J. Lira and Jennie S. Early.

Oveta J. Lira of Clinton is a sophomore at the Weatherford campus. Lira was placed on the president's list for earning a 4.0 GPA, and was awarded a scholarship from NASA for Introduction to Robotics. This scholarship includes a trip this summer to JPL, Dryden Space Center in Pasadena, Calif. and Space X in Los Angeles.

Lira also received the Outstanding Up and Coming Leader award at the Oklahoma Native American Students in Higher Education conference in February.

Jennie S. Early of Sayre is also a sophomore and is a student at the Sayre campus.

Early's awards are placement on the president's list for a 4.0 GPA, "Who's Who Among Students in American Junior Colleges," membership to The National Scholars Honor Society, and induction into Phi Theta Kappa (International Honor Society of the two-year college).

Congratulations Emma Julia Spotted Horse.

Emma Julia is the daughter of Tommy Alan and Nadine (Washee) Spotted Horse of Lawrence, Kansas. She is the granddaughter of Gloria Matthews of Tahlequah, Okla. and the late Rayburne Washee, and Irene Spotted Horse of Meers, Okla., and the late Thomas Spotted Horse.

Her great grandparents were the late John and Jennie (Spottedwolf) Washee of Wichita, Kansas and the late Price and Eunice Spotted Horse of Saddle Mountain, Okla.

Matthew Welbourne is the 18 year old son of Elwin and Patti Welbourne. Matt graduated from Silver Lake High School in Silver Lake, Kan. on May 18, 2009. Matt is the grandson of the late Tom and Elsie Welbourne and great-grandson of the late Pete and Nancy Birdchief.

Matt will be attending Washburn University in Topeka, Kan. in the fall. He plans to seek a bachelor of health and science degree with a major in health services administration and minor in radiology technology.

Congratulations Matt, we are proud of you.

Justin Sumpter, son of Elwin and Patti Welbourne of Silver Lake, Kan. graduated from Washburn University in Topeka, Kan. on May 17, 2009. Justin earned a Bachelor of Arts degree in psychology with a minor in anthropology.

He is employed as a case manager with Family Service and Guidance Center in Topeka. Justin currently resides in Topeka with his wife, April and son Kingston.

Congratulations Justin.

A Graduation Poem to the Children
From The Head Start Staff

It's time to say good-bye.
Our class has come to an end.
We have made more cherished memories
And many more friends.
We've watched your children learn and grow
And change from day to day.
We hope that all the things we've done
Have helped in some small way.
So it's with happy memories
We send them out the door,
With great hope and expectations
For what next year holds in store.

Congratulations Kyle White Buffalo.

Kyle is Cheyenne and Choctaw and is a 2009 graduate of Latta High School in Ada, Okla.

He is the son of Rochelle Jr. and Galela June Hickman White Buffalo. He has one sister, Shana White Buffalo. Grandparents are Rochelle Sr. and Joy White Buffalo of Stratford, Okla., the late Gaston Hickman and the late Anna Belle Hickman Alberson of Roff, Okla. Great-grandparents are the late Herbert White Buffalo of Detroit, Mich., the late Susie Sand Hill Roman Nose of Watonga, Okla., and the late Abby Smith.

Kyle enjoys playing basketball, fishing and camping. He plans to attend Haskell Indian Nationals University in Lawrence, Kansas majoring in media arts. Kyle has many cousins, aunts and uncles that are proud of his accomplishments.

Stephanie Leighann Black is a 2009 graduate from Mustang High School and a proud member of the Cheyenne and Arapaho tribes. Stephanie is a member of the National Honor Society and a member of the Renaissance Club. She graduated in the top 10 percent of her class.

Her parents are Jeff and Janice Black of Mustang, granddaughter of Patricia Hawk of El Reno, Okla. and the late Thomas Littlehawk of Watonga. She has one sister, Lindsey Crossley and brother-in-law Steven of Mustang.

Stephanie received the four year American Indian Scholarship from the Oklahoma City University and will be majoring in biology and pursuing a career in the medical industry.

Congratulations Stephanie, we are so proud of you and love you from your family.

Congratulations Zak on your graduation from Riverside Indian High School.
We are so proud of you!
Good Luck at OU!
Love your sisters
Georgia, Malaina, Anissa, Margaret & Elise
Go Sooners!

Congratulations
High School
Graduate of 2009!
Erika Whiteshield-Lucero
Banning, Calif.
We are so proud of you!
Love your mom,
Grandma and aunties.
Whiteshield Family

The EOTS Department would like to Congratulate AVT student, Jorene Lefthand, for her accomplishments at Canadian Valley Technology Center. Jorene is in the medical office program and has recieved student of the quarter.

Congratulations Jorene!

Courtesy photo

Westselline remembered

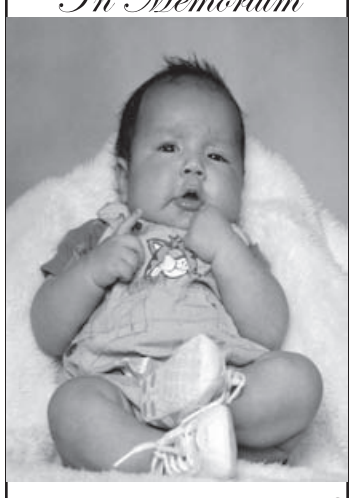
Submitted information

A memorial dance was held in honor of Henry A. Westselline on May 30, 2009 at the Concho Dance Grounds in Concho, Okla. Westselline served in the United States Marines Corp.

"Henry had accomplished a great deal of honors in his service to the United States of America. My aunt, Elaine Matanane, had indicated to the family that she wanted to honor Henry's memory with a dance to celebrate not only his duty to his country but for the love and respect that he not only shared with his family, but with all he came in contact with in his lifetime," Kyle Spotted Horse, Wetselline' first cousin, said during the memorial dance. "I remember my brother in the best of ways. I had great respect and love for him. In the Native American Church, my other cousins, aunt's and uncle's, and grandmother, with the rest of my family witnessed Henry receiving an eagle feather from a Cheyenne Chief, my Uncle Larry Roman Nose, to recognize his bravery and service in combat. I will never forget this honor. Not long after his service, I was able to dance beside him at the Native American Marine Corps Association birthday dance, and how happy and honored I felt to be amidst him. These are only a few examples of my memories of Henry that I wanted to share with you all. There is no doubt in my mind that each of you has or will have a memory of my brother Henry. Surely as the air is warm here today, let those memories of Henry keep you warm and comfort you all from now and forever."

The family wishes to thank all of their family, friends, and especially the Cheyenne and Arapaho tribes (Culture & Heritage, Enrollment, CRISIS Department, Public Information Office, Eaton Corporation, Kiowa Apache tribes, colorguard/veterns of all branch of service, and the Marines) for all they have done for the family with the memorial dance and during the funeral service last year.

In Memorium



In Loving Memory of your 2nd birthday
June 22
Neecee Keeven Hamilton
You are forever in our hears.

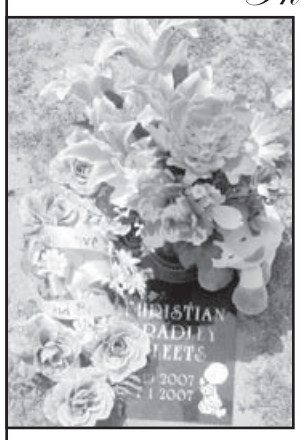
In Memory of
Dewey George Pollock
June 13, 1979 – June 10, 1999

When I'm Gone
Written by Lyman Hancock

When I came to the end of my journey and I traveled my last weary mile. Just forget if you can that I ever frowned and remember only my smile. Forget unkind words I have spoken; remember all the good I have done. Forget that I ever had heartache and remember I've had loads of fun.
Forget that I've stumbled and blundered and sometimes fell by the way. Remember that I have fought some hard battles, and won, before the close of the day. Then forget the grief for my going I would not have you sad for a day. But in summer just gather some flowers and remember the place where I lay,
And come in the shade of the evening when the sun paints the sky in the west. Stand for a few moments beside me and remember only my best.

It's Been 10 Years Now, You Are Forever In All Our Hearts Forever Dewey. We Love You and Miss You So Much.
Grandma Margaret, Dad, Gail, Ava, Basil, Gabriel, Cheryl, Jade, Arion, Dewey, Deacon, Jacob, Jonah, Marley, Illiana

In Memorium



Happy 2nd Birthday Baby Khristian
June 19, 2007-Oct. 1, 2007
(Khristian Bradley Pleets)
You can shed tears that he is gone,
or you can smile because he has lived.
You can close your eyes and pray that he'll come back,
or you can open your eyes and see all he has left.
Your heart can be empty because you can't see him,
or you can be full of the love you shared.
You can turn your back on tomorrow and live in yesterday,
or you can be happy for tomorrow because of yesterday.
You can remember him and only that he's gone,
or you can cherish his memory and let it live on.
You can cry and close your mind, be empty and turn your back,
or you can do what he'd want:
Smile, open your eyes, love, and live on.
Gone But Never Forgotten
Happy Birthday son. We love and miss you more than you will ever known – Mommy, Daddy, Donovan

Cheyenne & Arapaho

TRIBAL TRIBUNE

What's your vision?

Candidates running for office in the next Cheyenne and Arapaho tribes election are invited to introduce themselves and provide a brief synopsis of their platform. Candidates can share their background, goals and vision. Submissions will be published in the Aug. 15, 2009 issue. **The deadline for submissions is Aug. 1, 2009.**

Candidates, please provide the following information: *Name. *Position desired. *Education/qualifications/experience relevant to the position being sought. *In 250 words or less describe platform issues/ideas along with proposed resolutions to further the tribes growth.

The Tribal Tribune reserves the write to edit submissions for grammar, clarity, content and length. Hearsay and libelous information will not be printed. Candidates are advised to focus on issues and possible solutions concerning the tribes and why they seek election.

Submissions can be sent to dattocknie@c-a-tribes.org, mailed to the Cheyenne and Arapaho Tribal Tribune, P.O. Box 38, Concho, OK 73022, or delivered to the Tribal Tribune office in Building 1 at Concho. If candidates do not deliver their information in person, they need to provide contact information for verification purposes, otherwise the submission will not be published. Thank you.

TRIBAL TRIBUNE

Cheyenne & Arapaho

WHERE THE WINNERS PLAY!
FEATHER WARRIOR Casino
An Enterprise of the Cheyenne & Arapaho Tribes

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145 Games including
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Fri-Sun 10 a.m.-2 a.m.
WARRIOR Deli & Grill

WATONGA
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Watonga, OK 73772
(580)623-7333
175 Games
VGT, AGS, IGT, Multimedia
and AC Coin games.
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Fri-Sun 10 a.m.-2 a.m.

Must be 18 or older. Responsible Gaming Is Our Game. For help, please call the Problem Gambling Helpline 1-800-522-4700.
©2008 Feather Warrior Casino

Lucky Star CASINO
An Enterprise of the Cheyenne and Arapaho Tribes
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JUNE 26
SMASH MOUTH
LIVE IN CLINTON
SOUL ASYLUM
FASTBALL
PICK YOUR TICKETS UP AT ANY OF OUR BOX OFFICES OR ONLINE AT LUCKYSTARCASINO.ORG.
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